

# COVENTRY HIGH 2014-15 MENU

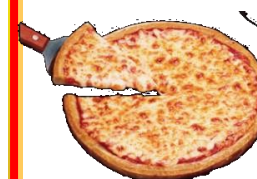
Students must select a minimum of 3 items to qualify as a reimbursable lunch!  
Students must take at least one fruit or vegetable.

LUNCH  
PRICE:  
**\$3.00**

## EAT A RAINBOW OF FRUIT AND VEGETABLES EVERY DAY!

## NEW IN 2014-15

### HOMEMADE ROUND PIZZERIA STYLE PIZZA BY THE SLICE



**AVAILABLE MONDAYS, WEDNESDAYS,  
AND FRIDAYS**

Our Pizzas are made with low fat cheese and whole grain crusts.



<p><b>RED</b></p> <p>To improve heart &amp; blood health &amp; support joints</p>	<p><b>ORANGE</b></p> <p>To prevent cancer &amp; promote collagen growth</p>	<p><b>YELLOW</b></p> <p>Helps your heart, vision digestion &amp; immune system</p>
<p><b>GREEN</b></p> <p>Powerful detoxers, fight free radicals, improve immune system</p>	<p><b>BLUE/PURPLE</b></p> <p>Improve mineral absorption, powerful antioxidants</p>	<p><b>WHITE</b></p> <p>Activate our natural killer cells &amp; reduce cancer risk</p>

## Coventry Schools Weekly Rainbow Offerings

Red Seedless Grapes, Cantaloupe, Bananas, Apples, Orange Juice, Strawberries, Baby Carrots, Fresh Romaine Salads, Sweet Potato Fries, Fresh Steamed Broccoli, Sliced Cucumbers, Pineapple Tidbits, Celery

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**GREEN PRINT INDICATES VEGETARIAN OPTION**

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

**The USDA is an equal opportunity provider and employer.**



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**\$3.00**

## OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>October 6</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 2: WATERMELON OR Fruit Options	6 <b>WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—SUGAR COOKIE</b>	(5) <b>REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: RED SEEDLESS GRAPES OR Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b> <b>October 13</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: WATERMELON OR Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SPICY SWEET POTATO FRIES PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI PICK 2: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>October 20</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 2: WATERMELON OR Fruit Options	<b>GENERAL TSO CHICKEN OVER RICE</b> or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: ORIENTAL VEGETABLES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - MINI ICE CREAM SANDWICH</b>	(5) <b>REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES BUTTERED CORN PICK 2: RED SEEDLESS GRAPES OR Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 2 (Beginning)</b> <b>October 27—</b> <b>October 31</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: WATERMELON OR Fruit Options	<b>W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>CHICKEN BACON MOZZ.</b> SUB ON A WW HOAGIE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 2: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>

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## NOVEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>November 3</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE</b> QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>6 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 5 POTATO SMILES <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—SUGAR COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b> <b>November 10th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>MEATBALL SUB W/ MOZZ on a Hoagie</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>SPICY SWEET POTATO FRIES</b> <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>November 17th</b>	<b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>SLICED TURKEY WITH STUFFING &amp; ROLL</b> or CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 2: BANANA W/ CHOC SYRUP</b> Fruit Options <b>BONUS - FROSTED SUGAR COOKE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> BUTTERED CORN <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 2 (Beginning)</b> <b>November 24th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> SEASONED WEDGE FRIES <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>W.W. PENNE PASTA WITH 4 MEATBALLS, ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>THANKSGIVING BREAK! NO SCHOOL!</b>	

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