



# COVENTRY MIDDLE 2016-17 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**

**FRESHLY MADE GOURMET ENTRÉE SALADS AVAILABLE DAILY!**



**ALSO NEW IN 2016-17**

**WHOLE GRAIN HOT SOFT PRETZELS AND 1.5OZ WHOLE GRAIN COOKIES—OREO, DOUBLE CHOCOLATE CHIP, M&M, AND CHOCOLATE CHIP!**



**\$3.00 EACH (INCLUDES A 2 OZ HOT SOFT PRETZEL, MILK AND JUICE.)**

**BUFFALO CHICKEN, FRESH FRUIT SALAD, VEGGIE SALAD, GRILLED CHICKEN SALAD, ITALIAN SALAD AND POPCORN**

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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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 Students must take at least one fruit or vegetable.

**LUNCH  
 PRICE:  
 \$3.00**

## NOVEMBER and DECEMBER 2016

|  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|---|--|--|---|---|
| <b>WEEK 4 (Beginning)</b><br>November<br>28th—<br>December 2nd | <b>THANKSGIVING VACATION</b><br><br><b>NO SCHOOL!</b>   | <b>TACO TUESDAYS</b><br>2 CRUNCHY OR SOFT TACOS WITH TOPPINGS<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br>PICK 2: Vegetables (TEX MEX BAKED BEANS)<br>PICK 1: ORANGE WEDGES or Fruit Options  | <b>PASTA BAR</b> W/ CHOICE OF MEATS SAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE<br>PICK 2: VEGETABLES GREEN BEANS<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>BONUS—CARNIVAL COOKIE</b>    | <b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W. DINNER ROLL<br>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTREE<br>PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE<br>PICK 1: APPLES W/ CARAMEL OR Fruit Options      | <b>GRILLED CHEESE SANDWICH</b><br>OR SLOPPY JOE SANDWICH or FIESTADA PIZZA or ALTERNATE ENTREE<br>PICK 2: VEGETABLES OVEN BAKED CURLY FRIES<br>PICK 1: RED SEEDLESS GRAPES or Fruit Options<br><b>FORTUNE COOKIE</b>                                |
| <b>WEEK 1 (Beginning)</b><br>December 5th                      | <b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE<br>PICK 2: VEGETABLES TATOR TOTS<br>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options  | <b>TACO TUESDAYS</b><br>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br>PICK 2: Vegetables (BUTTERED CORN)<br>PICK 1: ORANGE WEDGES or Fruit Options<br><b>BONUS—GIANT GOLDFISH GRAHAM</b> | <b>5 WHOLE GRAIN MINI CORN DOGS</b><br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE<br>PICK 2 VEGS: 5 POTATO SMILES<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>BONUS - CHOCOLATE CHIP COOKIE</b>  | <b>(5) REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTREE<br>PICK 2: VEGETABLES (BBQ BAKED BEANS)<br>PICK 1: APPLES W/ CARAMEL OR Fruit Options | <b>BACON CHEESE BURGER</b> ON A W.W. BUN<br><b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTREE<br>PICK 2: VEGETABLES OVEN BAKED CURLY FRIES<br>STEAMED BROCCOLI W/ CHEESE<br>PICK 1: RED SEEDLESS GRAPES or Fruit Options<br><b>FORTUNE COOKIE</b> |
| <b>WEEK 2 (Beginning)</b><br>December 12th                     | <b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage)<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE<br>PICK 2: VEGETABLES 2 POTATO TRIANGLES<br>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options<br><b>Bonus—Mini Rice Krispie Treat</b> | <b>TACO TUESDAYS</b><br>TACO SALAD BAR OR NACHO SUPREME BAR<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br>PICK 2: Vegetables (TEX MEX BAKED BEANS)<br>PICK 1: ORANGE WEDGES or Fruit Options  | <b>MEATBALL SUB SANDWICH</b> ON A FRESH BAKED SUB BUN<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE<br>PICK 2: VEGETABLES CRISPY BAKED FRIES<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>BONUS—CARNIVAL COOKIE</b>                         | <b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W. DINNER ROLL<br>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTREE<br>PICK 2: VEGETABLES: MASHED POTATOES<br>PICK 1: APPLES W/ CARAMEL OR Fruit Options                 | <b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b><br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTREE<br>PICK 2: WAFFLE FRIES or Vegetable Options<br>PICK 1: RED SEEDLESS GRAPES or Fruit Options<br><b>FORTUNE COOKIE</b>  |
| <b>WEEK 3 (Beginning)</b><br>December 19th                     | <b>4 FRENCH TOAST STIX</b> W/ SYRUP<br>with 2 Slices of Fried Ham<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE<br>PICK 2: VEGETABLES TATOR TOTS<br>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options  | <b>TACO TUESDAYS</b><br>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce<br>PICK 2: Vegetables (BUTTERED CORN)<br>PICK 1: ORANGE WEDGES or Fruit Options<br><b>BONUS—GIANT GOLDFISH GRAHAM</b>                     | <b>GENERAL TSO CHICKEN</b> (Popcorn or fajita) over Rice Served with Chopsticks<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTREE<br>PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>FORTUNE COOKIE</b> | <b>WINTER BREAK! - NO SCHOOL!</b><br><b>DECEMBER 22ND—JANUARY 2ND</b>   |   |

**MONDAYS, WEDS. AND FRIDAYS**  
 4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

**GREEN PRINT INDICATES VEGETARIAN OPTION**  
 ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

**TUESDAYS AND THURSDAYS**  
 4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

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## January 2017

|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|--|---|--|--|---|
| <b>WEEK 4 (Beginning)</b><br><b>January 2nd</b>       | <b>WINTER BREAK</b><br><br><b>NO SCHOOL!</b>   | <b>TACO TUESDAYS</b><br>2 CRUNCHY OR SOFT TACOS WITH TOPPINGS<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE<br>PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS)<br>PICK 1: ORANGE WEDGES or Fruit Options  | <b>6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL</b><br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE<br>PICK 2 VEGS: GREEN BEANS<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>BONUS—CARNIVAL COOKIE</b>             | <b>SPICY OR REGULAR POPCORN CHICKEN</b><br>WITH W.W.DINNER ROLL<br>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE<br>PICK 1: APPLES W/ CARAMEL OR Fruit Options       | <b>GRILLED CHEESE SANDWICH</b><br>OR SLOPPY JOE SANDWICH or FIESTADA PIZZA or ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES OVEN BAKED CURLY FRIES<br>PICK 1: RED SEEDLESS GRAPES or Fruit Options<br><b>FORTUNE COOKIE</b>  |
| <b>WEEK 1 (Beginning)</b><br><b>January 9th</b>       | <b>PILLSBURY MINI PANCAKES</b><br>with 2 Slices of Fried Ham<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES TATOR TOTS<br>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options      | <b>TACO TUESDAYS</b><br>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE<br>PICK 2: Vegetables (BUTTERED CORN)<br>PICK 1: ORANGE WEDGES or Fruit Options<br><b>BONUS—GIANT GOLDFISH GRAHAM</b> | <b>5 WHOLE GRAIN MINI CORN DOGS</b><br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE<br>PICK 2 VEGS: 5 POTATO SMILES<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>BONUS - CHOCOLATE CHIP COOKIE</b>            | <b>6 REG OR SPICY CHICKEN NUGGETS</b><br>W/ W.W. MINI HOT SOFT PRETZEL<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES (BBQ BAKED BEANS)<br>PICK 1: APPLES W/ CARAMEL OR Fruit Options   | <b>TEACHER RECORDS DAY!</b><br><br><b>NO SCHOOL!</b>  |
| <b>WEEK 2 (Beginning)</b><br><b>January 16th</b>      | <b>MARTIN LUTHER KING DAY</b><br><br><b>NO SCHOOL!</b>   | <b>TACO TUESDAYS</b><br>TACO SALAD BAR OR NACHO SUPREME BAR<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE<br>PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS)<br>PICK 1: ORANGE WEDGES or Fruit Options  | <b>CHICKEN PARMESAN SANDWICH</b><br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>BONUS—CARNIVAL COOKIE</b>  | <b>SPICY OR REGULAR POPCORN CHICKEN</b><br>WITH W.W.DINNER ROLL<br>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES: MASHED POTATOES<br>PICK 1: APPLES W/ CARAMEL OR Fruit Options                  | <b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b><br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE<br>PICK 2: WAFFLE FRIES or Vegetable Options<br>PICK 1: RED SEEDLESS GRAPES or Fruit Options<br><b>FORTUNE COOKIE</b>                      |
| <b>WEEK 3 (Beginning)</b><br><b>January 23rd-27th</b> | <b>4 FRENCH TOAST STIX W/ SYRUP</b><br>with 2 Slices of Fried Ham<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES TATOR TOTS<br>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options | <b>TACO TUESDAYS</b><br>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce<br>PICK 2: Vegetables (BUTTERED CORN)<br>PICK 1: ORANGE WEDGES or Fruit Options<br><b>BONUS—GIANT GOLDFISH GRAHAM</b>                     | <b>BAKED PENNE PASTA CASEROLE</b> WITH MEATSAUCE AND GARLIC TOAST<br>or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE<br>PICK 2 VEGS: GREEN BEANS<br>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options<br><b>FORTUNE COOKIE</b> | <b>(5) REG OR SPICY CHICKEN TENDERS</b><br>W/ W.W. MINI HOT SOFT PRETZEL<br>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE<br>PICK 2: VEGETABLES (BBQ BAKED BEANS)<br>PICK 1: APPLES W/ CARAMEL OR Fruit Options | <b>SESAME GINGER POPCORN CHICKEN WRAP</b> WITH SLAW or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or Alternate Entrée<br>PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options<br>PICK 1: RED SEEDLESS GRAPES or Fruit Options<br><b>BONUS - CHOCOLATE CHIP COOK-</b> |

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