



# COVENTRY MIDDLE 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**

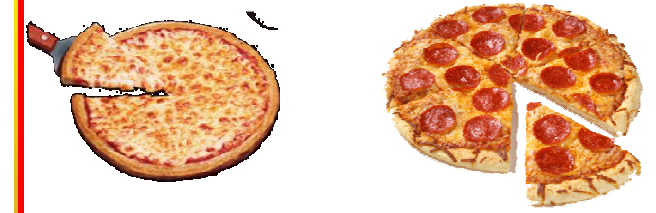
## EAT A RAINBOW OF FRUIT AND VEGETABLES EVERY DAY!



<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 anti-oxidants</p>	<p><b>WHITE</b></p> <p>Activate our natural killer cells &amp; reduce cancer risk</p>

## 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.

## 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

GREEN PRINT INDICATES VEGETARIAN OPTION

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

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## NOVEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>November 3</b>	<b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: 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 1: 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 1: 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 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>2 POPCORN CHICKEN WRAPS WITH TOPPINGS</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options
<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 1: 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 1: 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 1: 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 1: APPLES W/ CARAMEL</b> OR Fruit Option	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>November 17th</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 1: 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 1: 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 1: 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 1: 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 FRESH STEAMED BROCCOLI <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options
<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 1: 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 1: CANTALOUPE</b> OR Fruit Options	<b>W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>THANKSGIVING BREAK! NO SCHOOL!</b>  	

**GREEN PRINT INDICATES VEGETARIAN OPTION**

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

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## DECEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>December 1st</b>	<b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES 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 ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: CANTALOUPE OR Fruit Options	<b>6 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP 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 PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>BBQ RIB SANDWICH</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND PICK 1: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b> <b>December 8th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES 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 ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: CANTALOUPE OR Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 1: 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 1: APPLES W/ CARAMEL OR Fruit Option	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>December 15th</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 1: STRAWBERRIES 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 ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: CANTALOUPE OR Fruit Options	<b>GENERAL TSO CHICKEN OVER RICE</b> or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: ORIENTAL VEGETABLES PICK 1: BANANA W/ CHOC SYRUP Fruit Options <b>BONUS - 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 PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: 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 FRESH STEAMED BROCCOLI PICK 1: RED SEEDLESS GRAPES OR Fruit Options
<b>WEEK 2 (Beginning)</b> <b>December 22nd</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: STRAWBERRIES OR Fruit Options	<b>WINTER BREAK! DECEMBER 23RD—JANUARY 2ND NO SCHOOL!</b>			

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