COVENTRY ELEMENTARY 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: | $2.75 |

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

- **GREEN PRINT INDICATES VEGETARIAN OPTION**

---

**Coventry Schools Weekly Rainbow Offerings**

**RED**
- To improve heart & blood health & support joints

**ORANGE**
- To prevent cancer & promote collagen growth

**YELLOW**
- Helps your heart, vision digestion & immune system

**GREEN**
- Powerful detoxers, fight free radicals, improve immune system

**BLUE/PURPLE**
- Improve mineral absorption, powerful antioxidants

**WHITE**
- Activate our natural killer cells & reduce cancer risk

---

**All New Local Made Whole Grain Pizza Crusts by Dough Co’s in 2016-17 —**
**Cheesy Breadsticks Made With A Homemade Low Fat Garlic Paste**
**Available Tuesdays and Thursdays**

**Homemade Round Pizzeria Style Pizza by The Slice**
**Available Mondays, Wednesdays and Fridays!**

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

---

**Red Seedless Grapes, Watermelon, Bananas, Apples, Orange Juice, Strawberries,**

**Baby Carrots, Fresh Romaine Salads, Fresh Steamed Broccoli,**

**Blended Veg Juice, Sliced Cucumbers, Pineapple Tidbits,**

---

**The USDA is an equal opportunity provider and employer.**
## COVENTRY ELEMENTARY 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.

### October 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 1 (Beginning)</strong>&lt;br&gt;October 3rd</td>
<td><strong>WEEK 2 (Beginning)</strong>&lt;br&gt;October 10th</td>
<td><strong>WEEK 3 (Beginning)</strong>&lt;br&gt;October 24th</td>
<td><strong>WEEK 4 (Beginning)</strong>&lt;br&gt;October 30th</td>
<td></td>
</tr>
<tr>
<td><strong>BREAKFAST CROISSANT SANDWICH</strong>&lt;br&gt;(egg cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATER TOTS BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESauce JUICY FRUIT PUNCH JELLO (100% Juice)</td>
<td><strong>PILLSBURY MINI PANCAKES</strong>&lt;br&gt;w/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATER TOTS BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESauce 4oz ORANGE JUICE</td>
<td><strong>PILLSBURY MINI PANCAKES</strong>&lt;br&gt;with 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATER TOTS BABY CARROTS w/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE</td>
<td><strong>PILLSBURY MINI PANCAKES</strong>&lt;br&gt;w/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATER TOTS BABY CARROTS w/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE</td>
<td>**NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BÉANS CALYPSO CRUSH BLENDÉE VEGGIE JUICE PICK 1: RED SEEDLESS GRAPE CINNAMON APPLESauce</td>
</tr>
</tbody>
</table>
| **(5) CHICKEN NUGGETS**<br>W/ W.W.DINNER ROLL or (2) HOMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS | **(5) CHICKEN NUGGETS**<br>W/ W.W.DINNER ROLL or (2) HOMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS | **WALKING TACO**<br>(TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) HOMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE OR CANNED PEARS | **CORN DOG**<br>(Chicken) or STRAWBERRY YOGURT w/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE | **POPCORN CHICKEN**<br>W/ MINI HOT SOFT PRETZEL or (2) HOMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans SLICED CUKES w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP | **GRILLED CHEESE SANDWICH OR SLAPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS w/ DIP PICK 1: RED SEEDLESS GRAPE CINNAMON APPLESauce | **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.
## September 2016 Menu

<table>
<thead>
<tr>
<th>Week 1 (Beginning)</th>
<th>September 5</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Labor Day</strong></td>
<td></td>
<td><strong>5) Chicken Nuggets</strong></td>
<td><strong>Chicken or Cheese Quesidilla</strong></td>
<td><strong>All Beef Hot Dog on a Bun</strong></td>
<td><strong>Chicken Patty Sandwich</strong></td>
<td><strong>Nacho with Real Nacho Cheese Sauce</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>W/W. Dinner Roll or (2) Homemade Cheesy Breadsticks w/Sauce Pick 1 or 2: Mashed Potatoes or Pepperoni or Cheese Pizza Pick 1: Watermelon Wedge Canned Pears</td>
<td>Pick 1 or 2: Buttered Corn or Pepperoni or Cheese Pizza Pick 1: Watermelon Wedge Canned Pears</td>
<td>or Strawberry Yogurt w/ Soft Pretzel or Pepperoni or Cheese Pizza Pick 1 or 2: Waffle Fries or Pineapple Tidbits Pick 1: Pineapple Tidbits or Pepperoni or Cheese Pizza Pick 1: Watermelon Wedge Canned Pears</td>
<td>Pick 1 or 2: Broccoli w/ Cheese Sce Sliced Cukes w/ Dip Pick 1: Peaches Pick 1: Red Seedless Grapes Cinnamon Applesauce</td>
<td>Pick 1: Red Seedless Grapes Cinnamon Applesauce</td>
</tr>
<tr>
<td><strong>September 9</strong></td>
<td></td>
<td><strong>Pillsbury Mini Pancakes</strong></td>
<td><strong>Breakfast Croissant Sandwich</strong></td>
<td><strong>5 Mini Corn Dogs (Turkey)</strong></td>
<td><strong>Popcorn Chicken</strong></td>
<td>Pick 1: Red Seedless Grapes Cinnamon Applesauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>w/Syrup w/ 1.5 oz Slice of Fried Ham or Pepperoni or Cheese Pizza Pick 1 or 2: Tator Tots Pick 1: Flavored Applesauce Juicy Fruit Punch Jello (100% Juice)</td>
<td>(egg, cheese, bacon or Turkey sausage) or Pepperoni or Cheese Pizza Pick 1 or 2: 1 Potato Triangle or Pepperoni or Cheese Pizza Pick 1: Watermelon Wedge Canned Pears</td>
<td>or Strawberry Yogurt w/ Hot Soft Pretzel or Pepperoni or Cheese Pizza Pick 1 or 2: Potato Smiles or Pineapple Tidbits Pick 1: Pineapple Chunks Pick 1: Watermelon Wedge Canned Pears</td>
<td>w/ Mini Hot Soft Pretzel or (2) Homemade Cheesy Breadsticks w/ Sauce Pick 1 or 2: BBQ Baked Beans Sliced Cukes w/ Dip Pick 1: Peaches Pick 1: Red Seedless Grapes Cinnamon Applesauce</td>
<td>Pick 1: Red Seedless Grapes Cinnamon Applesauce</td>
</tr>
<tr>
<td><strong>September 19</strong></td>
<td></td>
<td><strong>Pillsbury Mini Pancakes</strong></td>
<td><strong>Walking Taco</strong></td>
<td><strong>Corn Dog (Chicken)</strong></td>
<td><strong>Chicken Patty Sandwich</strong></td>
<td><strong>Nacho with Real Nacho Cheese Sauce</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>with 1.5 oz Slice of Fried Ham or Pepperoni or Cheese Pizza Pick 1 or 2: Tator Tots Pick 1: Warm Cinnamon Sugar Apple Slices 4oz Orange Juice</td>
<td>(Taco Meat, Cheese and Lettuce in a Bag of Reduced Fat Doritos) or (2) Homemade Cheesy Breadsticks w/ Sauce Pick 1 or 2: Buttered Corn or Pepperoni or Cheese Pizza Pick 1: Watermelon Wedge or Canned Pears</td>
<td>or Strawberry Yogurt w/ Hot Soft Pretzel or Pepperoni or Cheese Pizza Pick 1 or 2: Potato Smiles or Pineapple Tidbits Pick 1: Pineapple Chunks Pick 1: Watermelon Wedge or Canned Pears</td>
<td>(2) Homemade Cheesy Breadsticks w/ Sauce Pick 1 or 2: BBQ Baked Beans Sliced Cukes w/ Dip Pick 1: Peaches Pick 1: Red Seedless Grapes Cinnamon Applesauce</td>
<td>Pick 1: Red Seedless Grapes Cinnamon Applesauce</td>
</tr>
</tbody>
</table>

**Bonus:**
- Goldfish Graham
- Cinnamon Applesauce

---

The USDA is an equal opportunity provider and employer.

---

**Greens Print Indicates Vegetarian Option**

**All bread, pastas, rice, pizza crusts and breading are whole grain to comply with Federal Standards.**

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