



# TURKEYFOOT 2015-16 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**

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

**NEW IN 2014-15**



- 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



**HOMEMADE CHEESY BREADSTICKS MADE WITH A HOMEMADE LOW FAT GARLIC PASTE AND RISING WHOLE GRAIN DOUGH**

**AVAILABLE TUESDAYS AND THURSDAYS**

Our Pizzas and Cheesy Breadsticks 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,

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MySchoolBucks

SIGN UP FOR YOUR FREE! ACCOUNT TODAY!

**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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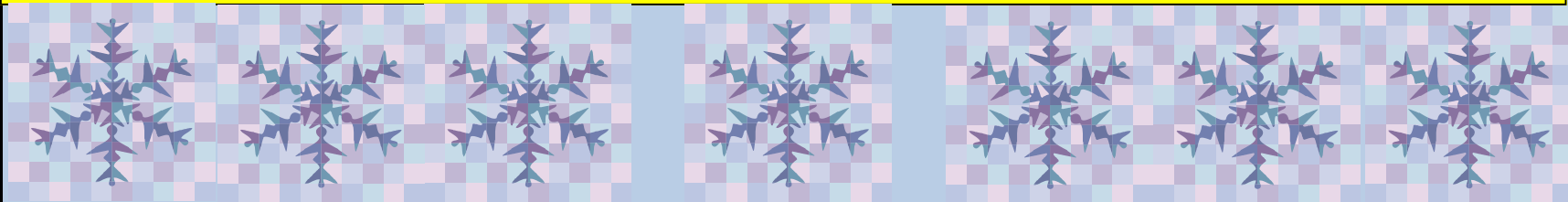
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## December 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>November 30th—</b> <b>December 4th</b>	<b>Thanksgiving Holiday</b> <b>No School</b> <b>November 26th—</b> <b>30th</b> 	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: MASHED POTATOES</b> ROMAINE SALAD w/ DRSG <b>PICK 1: STRAWBERRY CUP</b> CANNED PEARS	<b>ALL BEEF HOT DOG ON A BUN</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR <b>CHEESE PIZZA</b> <b>PICK 1 or 2: WAFFLE FRIES</b> ROMAINE SALAD w/ DRSG <b>PICK 1: PINEAPPLE TIDBITS</b> Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> <b>PICK 1 or 2: BROCCOLI W/ CHEESE SAUCE</b> SLICED CUKES W/ DIP <b>PICK 1: PEACHES</b> FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER <b>PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS</b> <b>SUNSET SIP—BLENDED VEGGIE JUICE</b> <b>PICK 1: RED SEEDLESS GRAPES</b> CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>December 7th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR <b>CHEESE PIZZA</b> <b>PICK 1 or 2: TATOR TOTS</b> BABY CARROTS W/ DIP <b>PICK 1: FLAVORED APPLESAUCE</b> JUICY ORANGE JELLO (100% Juice)	<b>CHICKEN OR CHEESE QUE-SIDILLA</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: BUTTERED CORN</b> BABY CARROTS w/ DIP <b>PICK 1: STRAWBERRY CUP</b> CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS (Turkey)</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR <b>CHEESE PIZZA</b> <b>PICK 1 or 2: (1) POTATO TRIANGLE</b> ROMAINE SALAD w/ DRSG <b>PICK 1: PINEAPPLE CHUNKS</b> Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: BBQ Baked Beans</b> SLICED CUKES W/ DIP <b>PICK 1: PEACHES</b> FRESH APPLE SLICES w/ DIP	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL</b> <b>W/ REAL NACHO CHEESE SAUCE</b> <b>PICK 1 or 2: BROCCOLI W/ CHEESE SCE.</b> BABY CARROTS W/ DIP <b>PICK 1: RED SEEDLESS GRAPES</b> CINNAMON APPLESAUCE
<b>WEEK 2 (Beginning)</b> <b>December 14th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR <b>CHEESE PIZZA</b> <b>PICK 1 or 2: 1 POTATO TRIANGLE</b> BABY CARROTS W/ DIP <b>PICK 1: FLAVORED APPLESAUCE</b> 4oz ORANGE JUICE	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: SEASONED CURLY FRIES</b> ROMAINE SALAD w/ DRSG <b>PICK 1: STRAWBERRY CUP</b> CANNED PEARS	<b>5 BBQ MEATBALLS</b> W/ LARGE HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR <b>CHEESE PIZZA</b> <b>PICK 1 or 2: BROCCOLI W/ CHEESE</b> ROMAINE SALAD w/ DRSG <b>PICK 1: PINEAPPLE CHUNKS</b> Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: GREEN BEANS</b> SLICED CUKES W/ DIP <b>PICK 1: PEACHES</b> FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER <b>PICK 1 or 2: TEX MEX BAKED BEANS</b> <b>SUNSET SIP—BLENDED VEGGIE JUICE</b> <b>PICK 1: RED SEEDLESS GRAPES</b> CINNAMON APPLESAUCE

**WINTER BREAK—No School December 21st—January 1st**



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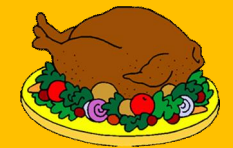
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## NOVEMBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>November 2nd</b>	<b>3 FRENCH TOAST STIX</b> w/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	<b>November 3rd</b>  <b>Election Day!</b>  <b>No School!</b>	<b>ALL BEEF HOT DOG ON A BUN</b> or STRAWBERRY YOGURT w/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI w/ CHEESE SCE SLICED CUKES w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS w/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPE-SCINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>November 9th</b>	<b>PILLSBURY MINI PANCAKES</b> w/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESAUCE JUICY ORANGE JELLO (100% Juice)	<b>CHICKEN OR CHEESE QUESIDILLA</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS (Turkey)</b> or STRAWBERRY YOGURT w/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> w/ MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL w/ REAL NACHO CHEESE SAUCE</b> PICK 1 or 2: BROCCOLI w/ CHEESE SCE. BABY CARROTS w/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 2 (Beginning)</b> <b>November 16th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	<b>(5) CHICKEN NUGGETS</b> w/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	<b>SOFT TACO OR JUMBO TACO</b> w/ LETTUCE & CHEESE or STRAWBERRY YOGURT w/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	<b>SLICED TURKEY WITH ROLL</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES /GRVY GREEN BEANS PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—APPLE CRISP w/ WHIPPED TOP</b>	<b>NACHOS w/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>November 23th</b> <b>November 27th</b>	<b>PILLSBURY MINI PANCAKES</b> with 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS w/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG (Chicken)</b> or STRAWBERRY YOGURT w/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>Thanksgiving Holiday—No School</b> <b>November 26th—30th</b>	



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