



COVENTRY HIGH 2017-18 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

NEW IN 2017-18

STRAWBERRY AND MIXED BERRY SMOOTHIE

MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES WITH YOPLAIT VANILLA YOGURT AVAILABLE DAILY FOR \$2.00 EACH OR WITH A HOT SOFT PRETZEL AND SIDE DISHES AS PART OF A \$3.00 LUNCH!



Bosco's Cheese Sticks available Mondays, Wednesdays and Fridays

Bosco Prezel Cheese Sticks available Tuesdays and Thursdays

\$1.75 each

Not available as part of \$3.00



GOURMET ENTRÉE SALADS AVAILABLE DAILY! \$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 CHICKEN SALAD!



Smart Snack Compliant
\$2.50 for a 3oz bag



Cookies n Cream, Cookie Dough, Chocolate and Vanilla, and Sour Patch Strawberry

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NOVEMBER & DECEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) November 27th - December 1st	THANKSGIVING BREAK NO SCHOOL! NOVEMBER 23RD—27TH 	COMET TACO BAR 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	WAFFLE FRY BAR LARGE SERVING OF SEASONED WAFFLE FRIES W/ CHOICE OF TOPPINGS: - 3 OZ HOMEMADE NACHO CHEESE SAUCE , REAL BACON BITS, SOUR CREAM - 2 OZ HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: FRESH STEAMED BROCCOLI PICK 2: FRUIT & FORTUNE COOKIE
WEEK 1 (Beginning) December 4th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	6 MINI CORN DOGS OR REGULAR CORN DOG OR PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS OVEN BAKED CURLY FRIES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	WAFFLE FRY BAR LARGE SERVING OF SEASONED WAFFLE FRIES W/ CHOICE OF TOPPINGS: - 3 OZ HOMEMADE NACHO CHEESE SAUCE , REAL BACON BITS, SOUR CREAM - 2 OZ HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: FRESH STEAMED BROCCOLI PICK 2: FRUIT & FORTUNE COOKIE
WEEK 2 (Beginning) December 11th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Taco Salad, Nacho Supreme or Two Tacos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	THANKSGIVING FEAST SLICED TURKEY & STUFFING WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES / CORN / SWEET POTATOES PICK 2: Fruit Options BONUS—PB SUN BUTTER BAR
WEEK 3 (Beginning) December 18th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	BREAKFAST CROISSANT OR BISCUIT SANDWICH OR PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	 <p>WINTER BREAK NO SCHOOL! DECEMBER 21ST— JANUARY 2ND!</p>	

DAILY FRUIT & VEGETABLE OPTIONS
 PICK 2 FRUIT: FRESH FRUIT, CANNED FRUIT, AND JUICE
 PICK 2 VEGS: MENUED ITEMS, SM. SALADS, CUCUMBERS,
 COLESLAW, CARROTS AND HOT VEGETABLE

AMERICAN GRILL DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA
 EVERY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAM-
 BURGERS, CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS


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LUNCH
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JANUARY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) January 1st	 <p>WINTER BREAK NO SCHOOL! DECEMBER 21ST— JANUARY 2ND!</p>		LOADED MACARONI & CHEESE BAR w/ Garlic Bread Toppings: Buffalo Chicken, Grilled Chicken, or Real Bacon Bits OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS FRESH STEAMED BROCCOLI PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	RAMEN NOODLE BAR Includes: Chicken broth (plain or flavored with Sweet n Sour or General Tso Sauce), Ramen Noodles, Grilled Chicken, Steamed Broccoli, Peppers & Onions and toppings OR ALTERNATE ENTRÉE PICK 2: 2 POTATO TRIANGLES 1/2 VEGETABLE EGG ROLL PICK 2: FRUIT & FORTUNE COOKIE
WEEK 5 (Beginning) January 8th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	6 MINI CORN DOGS OR REGULAR CORN DOG OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS OVEN BAKED CURLY FRIES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	<p style="text-align: center;">STAFF DAY</p> <p style="text-align: center;">NO SCHOOL FOR STUDENTS!</p>
WEEK 6 (Beginning) January 15th	<p style="text-align: center;">Martin Luther King Holiday!</p> <p style="text-align: center;">No School!</p>	COMET TACO BAR Taco Salad, Nacho Supreme or Two Tacos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	RAMEN NOODLE BAR Includes: Chicken broth (plain or flavored with Sweet n Sour or General Tso Sauce), Ramen Noodles, Grilled Chicken, Steamed Broccoli, Peppers & Onions and toppings OR ALTERNATE ENTRÉE PICK 2: 2 POTATO TRIANGLES 1/2 VEGETABLE EGG ROLL PICK 2: FRUIT & FORTUNE COOKIE
WEEK 7 (Beginning) January 22nd	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	BACON CHEESE BURGER BAR W/ TOPPINGS GALORE OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS OVEN BAKED CURLY FRIES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	ITALIAN BAR Choice of: Chicken Parmesan w/ Pasta and Garlic Bread Or Chicken Parmesan Sandwich with Pasta OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS PICK 2: FRUIT OPTIONS RED SEEDLESS GRAPES FORTUNE COOKIE

DAILY FRUIT & VEGETABLE OPTIONS
 PICK 2 FRUIT: FRESH FRUIT, CANNED FRUIT, AND JUICE
 PICK 2 VEGS: MENUED ITEMS, SM. SALADS, CUCUMBERS, COLESLAW, CARROTS AND HOT VEGETABLE

AMERICAN GRILL DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA EVERY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAMBURGERS, CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS

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