



# COVENTRY HIGH 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:  
**\$3.00**

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

## NEW IN 2015-16



**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, Celery

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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.

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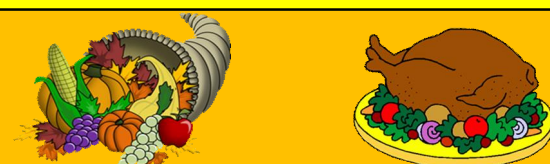
# COVENTRY HIGH 2015-16 MENU

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## NOVEMBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>November 2nd</b>	<b>SESAME GINGER POPCORN CHICKEN WRAP</b> WITH SLAW DRESSING OR PEPPERONI <b>OR CHEESE PIZZA</b> or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options FORTUNE COOKIE	<b>November 3rd</b>  <b>Election Day!</b>  <b>No School!</b>	<b>6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL</b> or GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> PICK 2: VEGETABLES TATOR TOTS / GREEN BEANS PICK 2: 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) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 2: Red Seedless Grapes or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>November 9th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: Strawberries / Blueberries w/ Topping OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE QUE-SIDILLA W/ TOPPINGS</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> PICK 2: VEGETABLES 5 POTATO SMILES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: Red Seedless Grapes or Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>
<b>WEEK 2 (Beginning)</b> <b>November 16th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 2: Strawberries / Blueberries w/ Topping OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—MINI RICE KRISPIE TREAT</b>	<b>THANKSGIVING FEAST</b> <b>SLICED TURKEY &amp; STUFFING</b> WITH W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES / CORN / SWEET POTATOES PICK 1: Fruit Options <b>BONUS—APPLE CRISP W/ WHIPPED TOP</b>	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 3 (Beginning)</b> <b>November 23rd</b> <b>November 27th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: Strawberries / Blueberries w/ Topping	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON</b> or GOURMET PIZZA <b>OR ALTERNATE ENTRÉE</b> PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>Thanksgiving Holiday—No School</b> <b>November 26th—30th</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  
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**TUESDAYS AND THURSDAYS**  
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## OCTOBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b>  <b>October 5th</b>	<b>CHICKEN BACON MOZZARELLA SUB</b> or PEPPERONI or <b>CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR ORANGES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: WATERMELON WEDGE or Fruit Options	<b>PASTA BAR</b> W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS 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) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI or <b>CHEESE PIZZA</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 2: Red Seedless Grapes or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>October 12th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI or <b>CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR ORANGES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUE-SIDILLA W/ TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 2: WATERMELON WEDGE	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>NO SCHOOL!</b>	<b>NEOEADAY!</b>  <b>NO SCHOOL!</b>
<b>WEEK 2 (Beginning)</b>  <b>October 19th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI or <b>CHEESE PIZZA</b> PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR ORANGES OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: WATERMELON WEDGE or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA PICK 2: 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) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI or <b>CHEESE PIZZA</b> or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 3 (Beginning)</b>  <b>October 26th—</b> <b>October 30th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI or <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR ORANGES OR Fruit Options	<b>TACO TUESDAYS</b> WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> PICK 2: Vegetables -BUTTERED CORN PICK 2: WATERMELON WEDGE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON</b> or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: Red Seedless Grapes or Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>

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