

# **TURKEYFOOT 2014-15 MENU**

PRICE: \$2.75

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

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

#### **NEW IN 2014-15**



# 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,

## HOMEMADE ROUND PIZZERIA STYLE PIZZA BY THE SLICE



#### **AVAILABLE MONDAYS AND WEDNESDAYS**

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



Danimals nonfat yogurt is a good source of Calcium and Vitamin D, and contains no high fructose corn syrup, artificial colors, or artificial flavors. Together with a Whole Grain Hot Soft Pretzel and you have a terrifically nutritious entrée! AVAILABLE ON WEDNESDAYS!

### **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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LUNCH PRICE: \$2.75

# JANUARY 2015

		Jan 1011			
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 (Beginning)  January 5th	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz GRAPE JUICE	(4) CHICKEN TENDERS  W/ W.W.DINNER ROLL  or (2) HOMEMADE CHEESY  BREADSTICKS w/ SAUCE  PICK 1 or 2: MASHED POTATOES  ROMAINE SALAD w/ DRSG  PICK 1: FRESH ORANGE WEDGES  CANNED PEARS	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	CHICKEN PATTY SANDWICH  or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE  PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP  PICK 1: PEACHES FRESH APPLE SLICES w/ DIP  BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 3 (Beginning)  January 12th	PILLSBURY MINI PANCAKES 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 4oz ORANGE JUICE	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS BONUS—FUNSIZE DORITOS	NEW FRESH BAKED  HOT DOG POCKET (Turkey)  WITH OR WITHOUT CHEESE  OR STRAWBERRY YOGURT W/ SOFT PRETZEL  OR PEPPERONI OR CHEESE PIZZA  PICK 1 or 2: GREEN BEANS  ROMAINE SALAD W/ DRSG  PICK 1: PINEAPPLE TIDBITS  Sliced Banana W/ CHOC. DRIZZLE  BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ W.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 FRESH APPLE SLICES w/ DIP	TEACHER WORK DAY! NO SCHOOL!
WEEK 4(Beginning)  January 19th	Martin Luther King Jr Day No School!	(4) CHICKEN TENDERS  W/.DINNER ROLL  or (2) HOMEMADE CHEESY  BREADSTICKS w/ SAUCE  PICK 1 or 2: SWEET POTATO FRIES  ROMAINE SALAD w/ DRSG  PICK 1: FRESH GRAPES  CANNED PEARS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	CHICKEN PATTY SANDWICH  OR MACARONI & CHEESE  PICK 1 OR 2: BROCCOLI W/ CHEESE  SLICED CUKES W/ DIP  PICK 1: PEACHES  FRESH APPLE SLICES W/ DIP  BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 1 (Beginning)  January 26th	PILLSBURY MINI PANCAKES 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 40z ORANGE PINEAPPLE JUICE	JUMBO CRUNCHY OR SOFT TACO  or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE  PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS BONUS—FUNSIZE DORITOS	FRESH BAKED HOT TURKEY & CHEESE POCKET W/RANCH DIP OF PEPPERONI OR CHEESE PIZZA OF STRAWBERRY YOGURT W/SOFT PRETZEL PICK 1 OF 2: GREEN BEANS ROMAINE SALAD W/DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana W/CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN 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 FRESH APPLE SLICES w/ DIP	HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: STEAMED BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE

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# **FEBRUARY 2015**

TEDICUARI 2015								
	Monday	Tuesday	Wednesday	Thursday	Friday			
WEEK 2 (Beginning) February 2nd	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz GRAPE JUICE	(4) CHICKEN TENDERS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: FRESH ORANGE WEDGES CANNED PEARS	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	CHICKEN PATTY SANDWICH  or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE  PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP  PICK 1: PEACHES FRESH APPLE SLICES w/ DIP  BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE			
WEEK 3 (Beginning) February 9th	PILLSBURY MINI PANCAKES 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 4oz ORANGE JUICE	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS BONUS—FUNSIZE DORITOS	FRESH BAKED  HOT DOG POCKET (Turkey)  WITH OR WITHOUT CHEESE  or STRAWBERRY YOGURT W/ SOFT PRETZEL  or PEPPERONI OR CHEESE PIZZA  PICK 1 or 2: GREEN BEANS  ROMAINE SALAD W/ DRSG  PICK 1: PINEAPPLE TIDBITS  Sliced Banana w/ CHOC. DRIZZLE  BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ W.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 FRESH APPLE SLICES w/ DIP	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE			
WEEK 4(Beginning) February 16th	Presidents' Day No School!	(4) CHICKEN TENDERS W/.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SWEET POTATO FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH ORANGE WEDGES CANNED PEARS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	CHICKEN PATTY SANDWICH  OR MACARONI & CHEESE  PICK 1 OR 2: BROCCOLI W/ CHEESE  SLICED CUKES W/ DIP  PICK 1: PEACHES  FRESH APPLE SLICES W/ DIP  BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE			
WEEK 1 (Beginning) February 23rd	PILLSBURY MINI PANCAKES 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 4oz ORANGE PINEAPPLE JUICE	JUMBO CRUNCHY OR SOFT TACO  or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE  PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS BONUS—FUNSIZE DORITOS	FRESH BAKED HOT TURKEY & CHEESE POCKET W/RANCH DIP OF PEPPERONI OR CHEESE PIZZA OF STRAWBERRY YOGURT W/SOFT PRETZEL PICK 1 or 2: GREEN BEANS ROMAINE SALAD W/DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana W/CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN 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 FRESH APPLE SLICES w/ DIP	HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: STEAMED BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE			

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