

# COVENTRY HIGH 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.

LUNCH  
PRICE:  
**\$3.00**

## NEW IN 2016-17

### BEGINNING FEBRUARY 1ST STRAWBERRY AND MIXED BERRY SMOOTHIE

MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES WITH YOPLAIT VANILLA YOGURT AVAILABLE EVERY WEDNESDAY AND FRIDAY 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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**\$3.00**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>COMET CAFÉ</b>  Popular homestyle meals with lots of options and variety. Meals include lots of fresh fruit and fresh Vegetable options. All items available as part of the \$3.00 Lunch!	<b>EVERYTHING CHICKEN BAR</b> Week 1 - 6 REG OR SPICY CHICKEN NUGGETS OR Week 2 - POPCORN CHICKEN OR Week 3 - 5 REG OR SPICY CHICKEN TENDERS OR Week 4 - POPCORN CHICKEN BOWL (MASHED POTATOES, POPCORN CHICKEN, CORN, TOPPED WITH GRAVY) W/ DINNER ROLL 2 VEGS (Mashed Potatoes, Corn, Salad or OTHER) 2 FRUITS AND MILK	<b>TACO TUESDAYS</b> Week 1 - Taco Salad, Nacho Supreme or Two Tacos Week 2 - Walking Tacos w/ Nacho or Cool Ranch Doritos Week 3 - 2 Half of Chicken, Beef or Cheese Quesidillas Week 4 - Walking Tacos w/ Nacho or Cool Ranch Doritos *ALL MEXICAN MEALS AVAILABLE W/BEEF OR CHICKEN Tons of Veggie Toppings BBQ OR TEX MEX BAKED BEANS 2 FRUITS AND MILK Giant Goldfish Cookie	<b>ITALIAN BAR</b> Week 1 - Parmesan w/ Pasta and Garlic Bread OR Week 2 - Pasta w/ choice of Meatballs, Alfredo or Marinara & Garlic Bread OR Week 3 - Chicken Parmesan Sandwich with Pasta OR Week 4 - BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC BREAD 2 VEGS (Salad, Carrots, Cucumbers) 2 FRUITS AND MILK	<b>SUB YOUR WAY BAR</b> Choice of: White or Italian Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Cold Cuts (Turkey, Ham, Pepperoni) Choice of Dressings: Ranch, Italian, Hot Sauce, BBQ, or Sesame Ginger 2 Potato Triangles Cheese & Veggie Toppings Galore 2 FRUITS AND MILK OTIS CHOCOLATE CHIP OR M&M COOKIE	<b>ASIAN BAR</b> Choice of: Lo-Mein Noodles, Fried Rice, or Brown Rice Choice of: Grilled Chicken or Popcorn Chicken Choice of: Steamed Broccoli or Pepper & Onion Blend Choice of: General Tso Sauce or Sweet n Sour Sauce  ASIAN TOSSED SALAD and 1/2 VEG EGG ROLL FRUITS AND MILK FORTUNE COOKIE
<b>AMERICAN GRILL</b>  Fast food favorites sure to please. All items available as part of the \$3.00 Lunch!	BACON CHEESE BURGER OR BBQ RIB PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (OVEN BAKED CURLY FRIES, BUTTERED CORN or OTHER) 2 FRUITS AND MILK	MINI CORN DOGS OR SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW TOPPING CHEESY BREAD W/ SAUCE BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (NEW CRISPY GEN 7 FRIES, BBQ OR TEX MEX BAKED BEANS or OTHER) 2 FRUITS AND MILK Giant Goldfish Cookie	<b>NEW</b> STRAWBERRY SMOOTHIE W/ HOT SOFT PRETZEL PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (WAFFLE FRIES, SUGAR SNAP PEA PODS or OTHER) 2 FRUITS AND MILK	BREAKFAST CROISSANT SANDWICH CHEESY BREAD W/ SAUCE BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (2 POTATO TRIANGLES, GREEN BEANS or OTHER) 2 FRUITS AND MILK OTIS CHOCOLATE CHIP OR M&M COOKIE	<b>NEW</b> MIXED BERRY SMOOTHIE W/ HOT SOFT PRETZEL FIESTADA MEXICAN PIZZA BREADED CHICKEN SANDWICH HAMBURGER FISH SANDWICH W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (BAKED CURLY FRIES, STEAMED BROCCOLI or OTHER) 2 FRUITS AND MILK FORTUNE COOKIE
<b>AMERICAN GRILL-Extras</b> Other than the Gourmet Salads, these items <u>CAN</u> <u>NOT</u> be purchased as part of a \$3.00 Lunch!	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for ....\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 Bosco Cheese BreadSticks..\$1.75 Funnel Cake.....\$1.00 1.5 oz Warm M&M Cookie.....\$.75 2 oz Hot Soft Pretzel.....\$.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for ....\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 Bosco Pretzel Sticks.....\$1.75 2 Churros.....\$1.00 1.5 oz Choc Chip Cookie.....\$.75 2 oz Hot Soft Pretzel.....\$.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for ....\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 Bosco Cheese BreadSticks..\$1.75 Funnel Cake.....\$1.00 1.5 oz Warm M&M Cookie.....\$.75 2 oz Hot Soft Pretzel.....\$.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for ....\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 Bosco Pretzel Sticks.....\$1.75 2 Churros.....\$1.00 1.5 oz DBL Choc Chip Cookie..\$.75 2 oz Hot Soft Pretzel.....\$.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for ....\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 Bosco Cheese BreadSticks..\$1.75 Funnel Cake.....\$1.00 1.5 oz Cinn Sugar Cookie.....\$.75 2 oz Hot Soft Pretzel.....\$.75

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH DAILY

GREEN PRINT INDICATES VEGETARIAN OPTION

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