

# **COVENTRY HIGH 2014-15 MENU**

PRICE: \$3.00

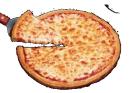
Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.

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

**NEW IN 2014-15** 

**HOMEMADE ROUND PIZZERIA** 







#### AVAILABLE MONDAYS, WEDNESDAYS, AND FRIDAYS

Our Pizzas 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

#### **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.



# **COVENTRY HIGH 2014-15 MENU**

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LUNCH PRICE: \$3.00

## **MARCH 2015**

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 (Beginning) March 2nd	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 2: STRAWBERRIES OR Fruit Options	TACO TUESDAYS  TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: CANTALOUPE or Fruit Options	W.W. PENNE PASTA WITH CHICKEN ALFREDO OR MARINARA W/ GARLIC BREAD ROLL OR GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL OF (2) HOMEMADE CHEESY BREADSTICKS W/SAUCE OF ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: APPLES W/ CARAMEL OR Fruit Options	CHICKEN BACON MOZZ. SUB ON A WW HOAGIE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 2: Fruit Options  BONUS—Reduced Sugar Fruit Roll-up
WEEK 3 (Beginning) March 9th	4 FRENCH TOAST STIX  W/SYRUP  with 2 Slices of Fried Ham  or PEPPERONI OR CHEESE PIZZA  OR ALTERNATE ENTREE  PICK 2: VEGETABLES  TATOR TOTS  PICK 2: STRAWBERRIES  OR Fruit Options	TACO TUESDAYS  2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS  or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce  PICK 2: Vegetables (BUTTERED CORN)  PICK 2: CANTALOUPE or Fruit Options	5 WHOLE GRAIN MINI CORN DOGS OR GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	DOMINO'S PIZZA PEPPERONI OR CHEESE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH
WEEK 4(Beginning) March 16th	SALISBURY STEAK W/ HOT BUTTERED BREADSTICK or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES W/ GRAVY PICK 2: STRAWBERRIES OR Fruit Options	TACO TUESDAYS  TACO SALAD BAR OR NACHO SUPREME BAR  or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: CANTALOUPE or Fruit Options	MEATBALL SUB W/ MOZZ ON A HOAGIE OR GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL OF (2) HOMEMADE CHEESY BREADSTICKS W./ SAUCE OF ALTERNATE ENTRÉE PICK 2: VEGETABLES: SPICY SWEET POTATO FRIES PICK 2: APPLES W./ CARAMEL OR Fruit Options	BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI PICK 2: Fruit Options  BONUS—FORTUNE COOKIE
WEEK 1 (Beginning) March 23rd	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	TACO TUESDAYS  2 CRUNCHY OR SOFT TACOS WITH TOPPINGS OF (2) (W.W.) HOMEMADE CHEESY BREADSTICKS W/ Sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 2: CANTALOUPE OF Fruit Options  EEN PRINT INDICATES	GENERAL TSO (SPICY SWEET) POPCORN CHICKEN OVER RICE OF GOURMET PIZZA OF ALTERNATE ENTRÉE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL OF (2) (W.W.) HOMEMADE CHEESY BREADSTICKS W/ Sauce OF ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	DOMINO'S PIZZA  PEPPERONI OR CHEESE OR ALTERNATE ENTREE  PICK 2: VEGETABLES BUTTERED CORN  PICK 2: Fruit Options  EXTRA SLICES ARE \$1.75 EACH

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### **APRIL 2015**

Monday **Tuesday** Wednesday **Thursday** Friday WEEK 2 (Beginning) **BREAKFAST BAGEL** TACO TUESDAYS W.W. PENNE PASTA WITH April 2nd April 3rd CHICKEN ALFREDO OR MARINARA TACO SALAD BAR OR NACHO (egg, cheese, bacon or TURKEY W/ GARLIC BREAD ROLL March 30th-SUPREME BAR sausage) or GOURMET PIZZA or (2) (W.W.) HOMEMADE CHEESY OR ALTERNATE ENTREE or PEPPERONI OR CHEESE PIZZA **BREADSTICKS w/ sauce** PICK 2: VEGETABLES - GREEN BEANS April 3rd OR ALTERNATE ENTREE **PICK 2: VEGETABLES** PICK 2: BANANA W/ CHOC SYRUP **SPRING BREAK** PICK 2: Vegetables SEASONED WEDGE FRIES OR Fruit Options (CHEESY CRUNCHY REFRIED BEANS) **BONUS—CARNIVAL COOKIE** PICK 2: Strawberries or Fruit Options PICK 2: Cantaloupe or Fruit Options WEEK 3 (Beginning) TACO TUESDAYS **5 WHOLE GRAIN MINI** (5) REG OR SPICY DOMINO'S PIZZA **April 6th CHICKEN TENDERS CORN DOGS 2 CHICKEN OR CHEESE PEPPERONI OR CHEESE** W/ W.W. MINI HOT SOFT PRETZEL April 6th or GOURMET PIZZA OR ALTERNATE ENTRÉE **QUESIDILLA W/ TOPPINGS** or (2) (W.W.) HOMEMADE CHEESY OR ALTERNATE ENTREE **PICK 2: VEGETABLES** or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: VEGETABLES BREADSTICKS w/ sauce **GREEN BEANS** or ALTERNATE ENTRÉE **5 POTATO SMILES** PICK 2: Vegetables PICK 2: VEGETABLES PICK 2: Fruit Options PICK 2: BANANA W/ CHOC SYRUP (BUTTERED CORN) (BBQ BAKED BEANS) **OR Fruit Options** PICK 2: Cantaloupe or Fruit Options PICK 2: APPLES W/ CARAMEL SPRING BREAK **EXTRA SLICES ARE \$1.75 EACH** BONUS - CHOCOLATE CHIP COOKIE **OR Fruit Options** TACO TUESDAYS WEEK 4 (Beginning) SALISBURY STEAK W/ HOT **BACON CHEESE BURGER** CHICKEN PARMESAN SPICY OR REGULAR POPCORN **BUTTERED BREADSTICK** WALKING TACO **CHICKEN WITH W.W.DINNER ROLL SANDWICH** ON A W.W. BUN or (2) HOMEMADE CHEESY OR MACARONI & CHEESE (TACO MEAT, CHEESE AND LETTUCE IN A April 13th or PEPPERONI OR CHEESE PIZZA or GOURMET PIZZA or ALTERNATE ENTRÉE **BAG OF REDCUCED FAT DORITIOS)** BREADSTICKS w/ SAUCE OR ALTERNATE ENTRÉE OR ALTERNATE ENTREE or (2) (W.W.) HOMEMADE CHEESY PICK 2: VEGETABLES or ALTERNATE ENTRÉE PICK 2: VEGETABLES PICK 2: VEGETABLES BREADSTICKS w/ sauce OVEN BAKED CURLY FRIES PICK 2: VEGETABLES: OR ALTERNATE ENTREE PASTA W/ MARINARA FREESH STEAMED BROCCOLI **MASHED POTATOES W/ GRAVY** SPICY SWEET POTATO FRIES PICK 2: Vegetables - REFRIED BEANS) PICK 2: BANANA W/ CHOC SYRUP PICK 2: Fruit Options PICK 2: APPLES W/ CARAMEL PICK 2: Strawberries or Fruit Options PICK 2: Cantaloupe or Fruit Options **OR Fruit Options** BONUS—FORTUNE COOKIE **OR Fruit Options** BONUS—GIANT GOLDFISH GRAHAM **BONUS—CARNIVAL COOKIE** WEEK 1 (Beginning) PILLSBURY MINI PANCAKES TACO TUESDAYS (5) REG OR SPICY DOMINO'S PIZZA **GRILLED CHICKEN BREAST CHICKEN TENDERS** with 2 Slices of Fried Ham **2 CRUNCHY OR SOFT TACOS PEPPERONI OR CHEESE** SANDWICH W/ BACON AND CHEESE W/ W.W. MINI HOT SOFT PRETZEL April 20th WITH TOPPINGS or PEPPERONI OR CHEESE PIZZA or GOURMET PIZZA OR ALTERNATE ENTRÉE or (2) (W.W.) HOMEMADE CHEESY or (2) (W.W.) HOMEMADE CHEESY or ALTERNATE ENTRÉE OR ALTERNATE ENTRÉE BREADSTICKS w/ sauce **PICK 2: VEGETABLES** BREADSTICKS w/ sauce PICK 2: VEGETABLES: or ALTERNATE ENTRÉE **PICK 2: VEGETABLES** OR ALTERNATE ENTREE **BUTTERED CORN** FRESH STEAMED BROCCOLI PICK 2: VEGETABLES TATOR TOTS PICK 2: Vegetables PICK 2: BANANA W/ CHOC SYRUP (BBQ BAKED BEANS) PICK 2: Fruit Options (BUTTERED CORN) PICK 2: Strawberries or Fruit Options **OR Fruit Options** PICK 2: APPLES W/ CARAMEL **EXTRA SLICES ARE \$1.75 EACH** PICK 2: Cantaloupe or Fruit Options BONUS - CHOCOLATE CHIP COOKIE W.W. PENNE PASTA WITH SPICY OR REGULAR POPCORN CHICKEN BACON MOZZ. WEEK 2 (Beginning) TACO TUESDAYS BREAKFAST BAGEL MEATSAUCE, ALFREDO OR CHICKEN WITH W.W.DINNER ROLL SUB ON A WW HOAGIE TACO SALAD BAR OR NACHO (egg, cheese, bacon or TURKEY MARINARA or (2) HOMEMADE CHEESY or PEPPERONI OR CHEESE PIZZA April 27th— SUPREME BAR W/ GARLIC BREAD ROLL sausage) BREADSTICKS w/ SAUCI or ALTERNATE ENTRÉE or (2) (W.W.) HOMEMADE CHEESY or GOURMET PIZZA or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE **PICK 2: VEGETABLES BREADSTICKS w/ sauce** OR ALTERNATE ENTREE May 1st PICK 2: VEGETABLES: 1/2 TWICE BAKED POTATO W/ OR ALTERNATE ENTREE **PICK 2: VEGETABLES** PICK 2: VEGETABLES - GREEN BEANS **MASHED POTATOES** PICK 2: Vegetables CHEESE AND REAL BACON BITS

**GREEN PRINT INDICATES VEGETARIAN OPTION** 

(CHEESY CRUNCHY REFRIED BEANS)

PICK 2: Cantaloupe or Fruit Options

SEASONED WEDGE FRIES

PICK 2: Strawberries or Fruit Options

PICK 2: BANANA W/ CHOC SYRUP

**OR Fruit Options** 

BONUS-CARNIVAL COOKIE

PICK 2: APPLES W/ CARAMEL

**OR Fruit Options** 

PICK 2: Fruit Options

BONUS—Reduced Sugar Fruit Roll-up