

# COVENTRY HIGH 2014-15 MENU

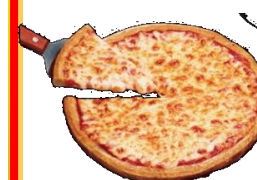
Students must select a minimum of 3 items to qualify as a reimbursable lunch!  
Students must take at least one fruit or vegetable.

LUNCH  
PRICE:  
**\$3.00**

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

## NEW IN 2014-15

### HOMEMADE ROUND PIZZERIA STYLE PIZZA BY THE SLICE



**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

**mySchoolBucks®**  
**SCHOOL MEAL PAYMENTS MADE EASY!**  
[www.myschoolbucks.com](http://www.myschoolbucks.com)  
Sign Up At

PAY FOR YOUR STUDENT'S MEALS ONLINE!  
QUICK & CONVENIENT YOU CAN:  
→ Set Up Recurring Payments  
→ Track & Review Meal History  
→ Create Low Balance Alerts  
... and more!  
DOWNLOAD OUR MOBILE APP!  
SIGN UP FOR YOUR FREE! ACCOUNT TODAY!

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

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**

## FEBRUARY 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>February 2nd</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: CANTALOUPE or Fruit Options	W.W. PENNE PASTA WITH MEATSAUCE, <b>ALFREDO</b> OR <b>MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES - GREEN BEANS PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or 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 <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 3 (Beginning)</b> <b>February 9th</b>	FRESH BAKED <b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 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	6 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 5 POTATO SMILES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	(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
<b>WEEK 4(Beginning)</b> <b>February 16th</b>	<b>Presidents' Day</b>  <b>No School!</b>	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: CANTALOUPE Or Fruit Options	CHICKEN PARMESAN SANDWICH or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or 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 <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>February 23rd</b>	<b>PILLSBURY MINI PANCAKES</b> 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	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 2: CANTALOUPE or Fruit Options	FRESH BAKED HOT DOG POCKET (Turkey) WITH OR WITHOUT CHEESE or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SEASONED WEDGE FRIES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	(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 BUTTERED CORN PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH

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

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**

## MARCH 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>March 2nd</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 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 <b>MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or 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 <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 3 (Beginning)</b> <b>March 9th</b>	<b>4 FRENCH TOAST STIX</b> 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	<b>TACO TUESDAYS</b> 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	<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>(5) REG OR SPICY CHICKEN TENDERS</b> 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	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b> <b>March 16th</b>	<b>SALISBURY STEAK W/ HOT BUTTERED BREADSTICK</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES W/ GRAVY PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 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	<b>MEATBALL SUB W/ MOZZ ON A HOAGIE</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SPICY SWEET POTATO FRIES PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> 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 <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>March 23rd</b>	<b>PILLSBURY MINI PANCAKES</b> 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	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 2: CANTALOUPE or Fruit Options	<b>GENERAL TSO (SPICY SWEET)</b> POPCORN CHICKEN OVER RICE or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> 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	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES BUTTERED CORN PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH

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.