



# 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



## 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.

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LUNCH  
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**\$3.00**

## MARCH 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>February 29th—</b> <b>March 4th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>BAKED PENNE PASTA</b> CASEROLE WITH MEATSAUCE AND GARLIC TOAST or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> GREEN BEANS <b>PICK 2: BANANA W/ CHOC SYRUP</b> 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.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 2: ORANGE WEDGES</b> or Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>
<b>WEEK 4 (Beginning)</b> <b>March 7th</b>	<b>SESAME GINGER POPCORN</b> CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 2: STRAWBERRIES</b> or Fruit Options <b>FORTUNE COOKIE</b>	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options	<b>6 BBQ MEATBALLS W/ LGE</b> HOT SOFT PRETZEL or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> TATOR TOTS / GREEN BEANS <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 2: ORANGE WEDGES</b> or Fruit Options FORTUNE COOKIE
<b>WEEK 1 (Beginning)</b> <b>March 14th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> 5 POTATO SMILES <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 2: ORANGE WEDGES</b> or Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>
<b>SPRING BREAK—March 21st—March 25th</b>					
<b>WEEK 2 (Beginning)</b> <b>March 28th—</b> <b>April 1st</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 2 POTATO TRIANGLES <b>PICK 2: STRAWBERRIES</b> 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 <b>PICK 2: Vegetables</b> TEX MEX BAKED BEANS <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options	<b>BACON CHEESEBURGER</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: WAFFLE FRIES</b> or Vegetable Options <b>PICK 2: ORANGE WEDGES</b> or Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</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 ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

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**TUESDAYS AND THURSDAYS**

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH



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## FEBRUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b>  <b>January 4th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce <b>PICK 2: Vegetables</b> -BUTTERED CORN <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 2: BANANA W/ CHOC SYRUP</b> 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.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 2: Red Seedless Grapes</b> or Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>
<b>WEEK 4 (Beginning)</b>  <b>January 11th</b>	<b>BBQ RIB SANDWICH</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 2: STRAWBERRIES</b> or Fruit Options <b>FORTUNE COOKIE</b>	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> TEX MEX BAKED BEANS <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options	<b>PASTA BAR</b> W/ CHOICE OF MEATS/SAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 2: Red Seedless Grapes</b> or Fruit Options FORTUNE COOKIE
<b>WEEK 1 (Beginning)</b>  <b>January 18th</b>	<b>PRESIDENT'S NO SCHOOL!</b>	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 5 POTATO SMILES CRUNCHY CINNAMON SUGAR CHICKPEAS <b>PICK 2: BANANA W/ CHOC SYRUP</b> 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.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> MASHED POTATOES / GRAVY <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 2: Red Seedless Grapes</b> or Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>
<b>WEEK 2 (Beginning)</b>  <b>January 25th—</b> <b>January 29th</b>	<b>NEW BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 2 POTATO TRIANGLES <b>PICK 1: STRAWBERRIES</b> 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 <b>PICK 2: Vegetables</b> TEX MEX BAKED BEANS <b>PICK 2: FRESH CANTALOUPE</b> or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS PASTA W/ MARINARA <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit <b>BONUS – CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: WAFFLE FRIES</b> or Vegetable Options <b>PICK 2: RED SEEDLESS GRAPES</b> or Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>

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