



# COVENTRY HIGH 2014-15 MENU

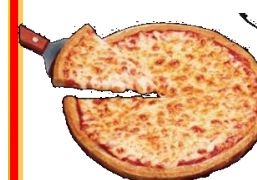
Students must select a minimum of 3 items to qualify as a reimbursable lunch!  
Students must take at least one fruit or vegetable.

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

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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Students must take at least one fruit or vegetable.

LUNCH  
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**\$3.00**

## OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>October 6</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 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 2: WATERMELON 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—SUGAR 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	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: RED SEEDLESS GRAPES OR Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b> <b>October 13</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP 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> 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: WATERMELON OR Fruit Options	<b>CHICKEN PARMESAN</b> <b>SANDWICH</b> 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>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or (2) (W.W.) 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 <b>MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI PICK 2: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>October 20</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: WATERMELON OR Fruit Options	<b>GENERAL TSO CHICKEN</b> <b>OVER RICE</b> or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: ORIENTAL VEGETABLES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - MINI ICE CREAM SANDWICH</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	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES BUTTERED CORN PICK 2: RED SEEDLESS GRAPES OR Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 2 (Beginning)</b> <b>October 27—</b> <b>October 31</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: WATERMELON OR Fruit Options	<b>W.W. PENNE PASTA WITH</b> <b>MEATSAUCE, ALFREDO OR</b> <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>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>CHICKEN BACON MOZZ.</b> 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: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>

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## NOVEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b>  <b>November 3</b>	<b>TURKEY CLUB MELT</b> or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE</b> QUESIDILLA W/ TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY</b> <b>BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>6 WHOLE GRAIN MINI CORN DOGS</b> or <b>GOURMET PIZZA</b> <b>OR ALTERNATE ENTRÉE</b> <b>PICK 2: VEGETABLES</b> <b>5 POTATO SMILES</b> <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—SUGAR COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY</b> <b>BREADSTICKS w/ sauce</b> 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 EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b>  <b>November 10th</b>	<b>4 FRENCH TOAST STIX</b> <b>W/ SYRUP</b> with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY</b> <b>BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>MEATBALL SUB W/ MOZZ on a Hoagie</b> or <b>GOURMET PIZZA</b> <b>OR ALTERNATE ENTRÉE</b> <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <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) (W.W.) <b>HOMEMADE CHEESY</b> <b>BREADSTICKS w/ sauce</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>SPICY SWEET POTATO FRIES</b> <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>November 17th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY</b> <b>BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>SLICED TURKEY WITH STUFFING &amp; ROLL</b> or <b>CHEESE PIZZA</b> <b>OR ALTERNATE ENTRÉE</b> <b>PICK 2: VEGETABLES:</b> <b>MASHED POTATOES</b> <b>PICK 2: BANANA W/ CHOC SYRUP</b> Fruit Options <b>BONUS - FROSTED SUGAR COOKE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY</b> <b>BREADSTICKS w/ sauce</b> 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> BUTTERED CORN <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 2 (Beginning)</b>  <b>November 24th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> <b>PICK 2: VEGETABLES</b> <b>SEASONED WEDGE FRIES</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY</b> <b>BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>W.W. PENNE PASTA WITH 4 MEATBALLS, ALFREDO</b> <b>OR MARINARA</b> W/ GARLIC BREAD ROLL or <b>GOURMET PIZZA</b> <b>OR ALTERNATE ENTRÉE</b> <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>THANKSGIVING BREAK! NO SCHOOL!</b>	

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