



COVENTRY MIDDLE 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

Monday

Tuesday

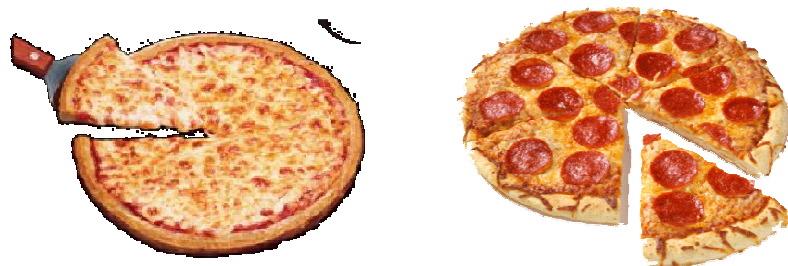
Wednesday

Thursday

Friday

SEPTEMBER 2014

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.

Eat a Rainbow Everyday!

DAILY PICK 2 VEGGIES:
POTATO, PASTA OR HOT VEG
SMALL ROMAINE SALADS
BABY CARROTS W/ DIP
CELERY W/ DIP
CUCUMBERS W/ DIP

DAILY PICK ONE FRUIT:
Mondays – Strawberries
Tuesdays – Watermelon
Wednesdays – Bananas w/ Choc Syrup
Thursdays – Apples w/ Caramel
Fridays – Fresh Grapes
TWO TYPES OF CAN FRUIT, ORANGE WEDGES AND BANANAS OFFERED DAILY

100% JUICE IS ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDNESDAYS AND FRIDAYS

WEEK 2 (Beginning)

September 1

First Day of School is
Tuesday, September 2nd

**LABOR DAY
NO SCHOOL!**

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 1: Fruit Options

W.W. PENNE PASTA WITH
3 MEATBALLS, ALFREDO
OR MARINARA
W/ GARLIC BREAD ROLL
or GOURMET PIZZA
OR ALTERNATE ENTREE

PICK 2: VEGETABLES - GREEN BEANS
PICK 1: Fruit Options

BONUS—CARNIVAL COOKIE

SPICY OR REGULAR
POPCORN CHICKEN
WITH W.W. DINNER ROLL
or (2) (W.W.) HOMEMADE CHEESY
BREADSTICKS w/ sauce
OR ALTERNATE ENTREE

PICK 2: VEGETABLES:
MASHED POTATOES
PICK 1: Fruit Options

CHICKEN BACON MOZZ.
SUB ON A WW HOAGIE
or PEPPERONI OR CHEESE PIZZA
or ALTERNATE ENTREE

PICK 2: VEGETABLES
½ TWICE BAKED POTATO W/
CHEESE AND REAL BACON BITS
PICK 1: Fruit Options

**BONUS—Reduced Sugar Fruit
Roll-up**

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 MIDDLE 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

SEPTEMBER AND OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) September 8	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: Fruit Options	TACO TUESDAYS 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options	6 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 1: Fruit Options BONUS—SUGAR COOKIE	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options	2 POPCORN CHICKEN WRAPS WITH TOPPINGS or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND PICK 1: Fruit Options
WEEK 4 (Beginning) September 15	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 1: Fruit Options	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: Fruit Options	MEATBALL SUB W/ MOZZ on a Hoagie or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 1: Fruit Options BONUS—CARNIVAL COOKIE	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 1: Fruit Options	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options BONUS—FORTUNE COOKIE
WEEK 1 (Beginning) September 22	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: Fruit Options	TACO TUESDAYS 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 1: Fruit Options	TURKEY & GRAVY W/ ROLL or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 1: Fruit Options BONUS – MINI ICE CREAM SANDWICH	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: 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 1: Fruit Options
WEEK 2 (Beginning) September 29—October 3	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: 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 1: Fruit Options	W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options BONUS—CARNIVAL COOKIE	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 1: 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 1: Fruit Options BONUS—Reduced Sugar Fruit Roll-up

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.