



# COVENTRY MIDDLE 2016-17 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

## AUGUST AND SEPTEMBER 2016



**NEW IN 2016-17— FRESHLY MADE GOURMET ENTRÉE SALADS AVAILABLE DAILY!**

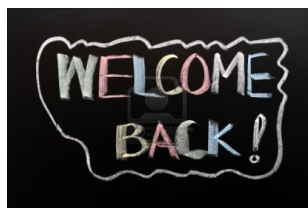
**\$3.00 EACH (INCLUDES A 2 OZ HOT SOFT PRETZEL, MILK AND JUICE.)**

**BUFFALO CHICKEN, FRESH FRUIT SALAD, VEGGIE SALAD, GRILLED CHICKEN SALAD, ITALIAN SALAD AND POPCORN CHICKEN SALAD!**

**WEEK 2 (Beginning)**

**August 22**

**First Day of School  
is Wednesday,  
August 24th**



**CHICKEN PARMESAN SANDWICH**  
or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE  
PICK 2: VEGETABLES  
PASTA W/ MARINARA  
PICK 1: BANANA W/ CHOC SYRUP OR 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: APPLES W/ CARAMEL OR Fruit Options

**ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE**  
or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE

PICK 2: WAFFLE FRIES or Vegetable Options  
PICK 1: RED SEEDLESS GRAPES or Fruit Options

**WEEK 3 (Beginning)**

**August 29–  
September 2nd**

**4 FRENCH TOAST STIX**  
W/ SYRUP  
with 2 Slices of Fried Ham  
or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE  
PICK 2: VEGETABLES  
TATOR TOTS  
PICK 1: ORANGE WEDGES OR Fruit Options

**TACO TUESDAYS**  
**WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)**  
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce  
PICK 2: Vegetables (BUTTERED CORN)  
PICK 1: WATERMELON WEDGE or Fruit Options  
**BONUS—GIANT GOLDFISH GRAHAM**

**CHICKEN BACON MOZZ. SUB**  
or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE  
PICK 2: VEGETABLES:  
SEASONED WEDGE FRIES  
PICK 1: 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 1: APPLES W/ CARAMEL OR Fruit Options

**BBQ RIB SANDWICH**  
or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE  
PICK 2: VEGETABLES  
OVEN BAKED CURLY FRIES  
CALIFORNIA VEGETABLE BLEND  
PICK 1: Fruit Options  
**BONUS—FORTUNE COOKIE**

**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.

**TUESDAYS AND THURSDAYS**  
4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

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## SEPTEMBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>September 5</b>	<b>LABOR DAY</b>  <b>NO SCHOOL!</b>	<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 (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE or Fruit Options	<b>6 BBQ MEATBALLS W/ LGE</b> HOT SOFT PRETZEL or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2 VEGS: GREEN BEANS PICK 1: 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) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>GRILLED CHEESE</b> <b>SANDWICH</b> OR SLOPPY JOE SANDWICH or FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: RED SEEDLESS GRAPES or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>September 12</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES / TOPPING 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 ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: WATERMELON WEDGE or Fruit Options	<b>5 WHOLE GRAIN MINI</b> <b>CORN DOGS</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2 VEGS: 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY</b> <b>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 1: 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 STEAMED BROCCOLI W/ CHEESE PICK 1: RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 2 (Beginning)</b> <b>September 19</b>	<b>BREAKFAST CROISSANT</b> <b>SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING 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 1: WATERMELON WEDGE or Fruit Options	<b>CHICKEN PARMESAN</b> <b>SANDWICH</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH</b> <b>CHILI AND CHEESE SAUCE</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 3 (Beginning)</b> <b>September 26—</b> <b>September 30th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES / TOPPING 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 PICK 2: Vegetables (BUTTERED CORN) PICK 1: WATERMELON WEDGE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>BAKED PENNE PASTA</b> CASEROLE WITH MEATSAUCE AND GARLIC TOAST or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> or ALTERNATE ENTRÉE PICK 2 VEGS: GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY</b> <b>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 1: APPLES W/ CARAMEL OR Fruit Options	<b>SESAME GINGER POPCORN</b> <b>CHICKEN WRAP WITH SLAW</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options <b>FORTUNE COOKIE</b>

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