



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

FRESHLY MADE GOURMET ENTRÉE SALADS AVAILABLE DAILY!



ALSO NEW IN 2016-17

WHOLE GRAIN HOT SOFT PRETZELS AND 1.5OZ WHOLE GRAIN COOKIES—OREO, DOUBLE CHOCOLATE CHIP, M&M, AND CHOCOLATE CHIP!



\$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

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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.



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NOVEMBER and DECEMBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) November 28th— December 2nd	THANKSGIVING VACATION NO SCHOOL!	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	PASTA BAR W/ CHOICE OF MEATS/SAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS 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 ENTREE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or FIESTADA PIZZA or ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: RED SEEDLESS GRAPES or Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) December 5th	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES / TOPPING OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	5 WHOLE GRAIN MINI CORN DOGS or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2 VEGS: 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE	(5) REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTREE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE PICK 1: RED SEEDLESS GRAPES or Fruit Options FORTUNE COOKIE
WEEK 2 (Beginning) December 12th	BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	MEATBALL SUB SANDWICH ON A FRESH BAKED SUB BUN or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES CRISPY BAKED FRIES 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 ENTREE 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 ENTREE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options FORTUNE COOKIE
WEEK 3 (Beginning) December 19th	4 FRENCH TOAST STIX W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES / TOPPING 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: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	GENERAL TSO CHICKEN (Popcorn or fajita) over Rice Served with Chopsticks or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTREE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options FORTUNE COOKIE	WINTER BREAK! - NO SCHOOL! DECEMBER 22ND—JANUARY 2ND	

MONDAYS, WEDS. AND FRIDAYS

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

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TUESDAYS AND THURSDAYS

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OCTOBER AND NOVEMBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 31— November 4th	HALLOWEEN 2 CHEESEBURGER SLIDERS or PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options MINI RICE KRISPIE TREAT	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL or PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2 VEGS: GREEN BEANS 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: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	GRILLED CHEESE SANDWICH 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 FORTUNE COOKIE
WEEK 1 (Beginning) November 7	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES / TOPPING OR Fruit Options	ELECTION DAY! NO SCHOOL!	5 WHOLE GRAIN MINI CORN DOGS or PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2VEGS: 5 POTATO SMILES 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	BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES SUGAR SNAP PEA PODS PICK 1: RED SEEDLESS GRAPES or Fruit Options
WEEK 2 (Beginning) November 14	BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	THANKSGIVING FEAST TURKEY, STUFFING & ROLL or or PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 1 or 2:MASHED POTATOES/GRVY BUTTERED CORN / SWEET POTATOES PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE *BONUS – CHOCOLATE SUNBUTTER BAR—PEANUT & TREENUT FREE	SPICY OR REGULAR POPCORN CHICKEN 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	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) November 21	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: STRAWBERRIES / TOPPING 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: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC TOAST or PEPPERONI , PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2 VEGS: GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE	THANKSGIVING BREAK! NO SCHOOL—NOVEMBER 24TH, 25TH AND 28TH *CHOCOLATE SUNBUTTER BAR SERVED ON NOVEM- BER 16TH IS COMPLETELY PEANUT AND TREENUT FREE AND IS MADE WITH SUNBUTTER, POWDERED SUGAR, BROWN SUGAR, VANILLA, COCOA POWDER, OIL AND MILK	

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