



COVENTRY MIDDLE 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!



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.

The USDA is an equal opportunity provider and employer.

NEW IN 2015-16

**HOMEMADE CHEESY
BREADSTICKS MADE WITH A
HOMEMADE LOW FAT GARLIC PASTE
AND RISING WHOLE GRAIN DOUGH**

**AVAILABLE TUESDAYS AND
THURSDAYS**

Our Pizzas and Cheesy Breadsticks are made with low fat cheese and whole grain crusts.

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MADE EASY!**
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JANUARY 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 3 (Beginning) January 4th | 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: STRAWBERRIES 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: FRESH CANTALOUPE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM | GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE | 6 REG OR SPICY CHICKEN NUGGETS 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 | SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options FORTUNE COOKIE |
| WEEK 4 (Beginning) January 11th | CHICKEN BACON MOZZARELLA SUB or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES | TACO TUESDAYS 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: FRESH CANTALOUPE or Fruit Options | 6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS / 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 | January 15th NO SCHOOL! |
| WEEK 1 (Beginning) January 18th | Martin Luther King Jr Day! NO SCHOOL! | TACO TUESDAYS 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: FRESH CANTALOUPE or Fruit Options | 5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 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 STEAMED BROCCOLI W/ CHEESE PICK 1: RED SEEDLESS GRAPES or Fruit Options |
| WEEK 2 (Beginning) January 25th | BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR 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 TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options | HOT TURKEY & SWISS OR HAM & SWISS ON A PRETZEL BUN or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES— GREEN BEANS TATOR TOTS 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 OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options BONUS—Reduced Sugar Fruit Roll-up |

MONDAYS, WEDS. AND FRIDAYS

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

GREEN PRINT INDICATES VEGETARIAN OPTION

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TUESDAYS AND THURSDAYS

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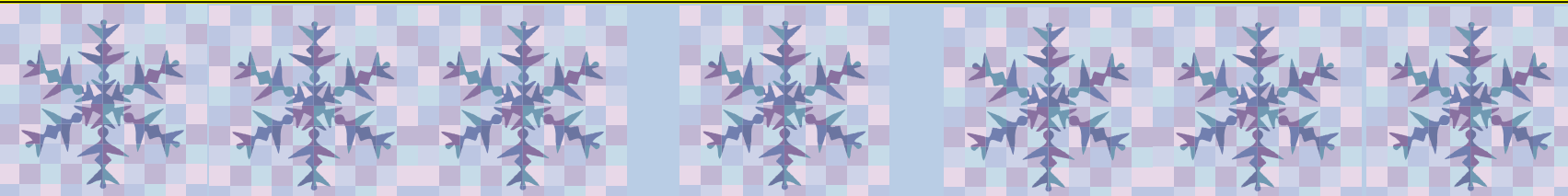


COVENTRY MIDDLE 2015-16 MENU

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LUNCH
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DECEMBER 2015

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 4 (Beginning) November 30th— December 4th | Thanksgiving Holiday No School November 26th—30th   | 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: FRESH CANTALOUPE OR Fruit Options | PASTA BAR W/ CHOICE OF MEATS/SAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST OR GOURMET PIZZA OR ALTERNATE ENTRÉE 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 ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR 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: RED SEEDLESS GRAPES OR Fruit Options FORTUNE COOKIE |
| WEEK 1 (Beginning) December 7th | PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR ORANGES OR Fruit Options | TACO TUESDAYS 2 CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE OR Fruit Options | 5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 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 STEAMED BROCCOLI W/ CHEESE PICK 1: RED SEEDLESS GRAPES OR Fruit Options |
| WEEK 2 (Beginning) December 14th | BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR ORANGES 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: FRESH CANTALOUPE OR Fruit Options | CHICKEN PARMESAN SANDWICH or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES— GREEN BEANS 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 OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES OR Fruit Options |
| | WINTER BREAK—No School December 21st—January 1st | | | | |
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