



# 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!**



**\$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**

**NEW IN JANUARY AND FEBRUARY 2017**

## **STRAWBERRY AND MIXED BERRY SMOOTHIE**

**MADE WITH WHOLE STRAWBERRIES  
AND BLUEBERRIES WITH YOPLAIT  
VANILLA YOGURT**



**mySchoolBucks®**  
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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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Students must take at least one fruit or vegetable.

LUNCH  
PRICE:  
**\$3.00**

April 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b>  <b>April 3rd</b>	<b>2 MINI BACON CHEESEBURGER SLIDERS</b> <b>OR CHEESE PIZZA</b> PICK 1 or 2: POTATO TRIANGLE CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	<b>PASTA BAR</b> W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: FRESH CANTALOUPE or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>April 10th</b>	<b>9 MINI PANCAKES</b> w/ syrup 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> <b>WALKING TACO</b> (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: ORANGE WEDGES or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2VEGS: 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>GOOD FRIDAY BREAK</b>  <b>NO SCHOOL!</b>
<b>WEEK 2 (Beginning)</b>  <b>April 17th</b>	<b>GOOD FRIDAY BREAK</b>  <b>NO SCHOOL!</b>	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	<b>MEATBALL SUB SANDWICH</b> ON A FRESH BAKED SUB BUN or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES CRISPY BAKED FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH 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>FORTUNE COOKIE</b>
<b>WEEK 3 (Beginning)</b>  <b>April 24th</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> <b>WALKING TACO</b> (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: ORANGE WEDGES or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>GENERAL TSO CHICKEN</b> (Popcorn or fajita) over Rice Served with Chopsticks or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>FORTUNE COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>BBQ RIB SANDWICH</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: FRESH CANTALOUPE or Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>

**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

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**TUESDAYS AND THURSDAYS**

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH



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LUNCH  
PRICE:  
**\$3.00**

## May 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b>  <b>May 1st</b>	<b>2 MINI BACON CHEESEBURGER SLIDERS</b> <b>OR CHEESE PIZZA</b> PICK 1 or 2: POTATO TRIANGLE CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	<b>6 BBQ MEATBALLS W/ LGE</b> HOT SOFT PRETZEL 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—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: FRESH CANTALOUPE or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>May 8th</b>	<b>9 MINI PANCAKES w/ syrup</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> <b>WALKING TACO (W/ REG OR COOL</b> RANCH REDUCED FAT DORITOS) or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: ORANGE WEDGES or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2 VEGS: 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> 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 <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE PICK 1: FRESH CANTALOUPE or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 2 (Beginning)</b>  <b>May 15th</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options <b>Bonus—Mini Rice Krispie Treat</b>	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO</b> <b>SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or PEPPERONI, PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH 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>FORTUNE COOKIE</b>
<b>WEEK 3 (Beginning)</b>  <b>May 22nd</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 ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES / TOPPING OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL</b> RANCH REDUCED FAT DORITOS) or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: ORANGE WEDGES 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>FORTUNE COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>MAY 26TH</b>  <b>NO SCHOOL!</b>

**MONDAYS, WEDS. AND FRIDAYS**

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

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**TUESDAYS AND THURSDAYS**

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH





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LUNCH  
PRICE:  
**\$3.00**

## May and June 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>May 29th—</b> <b>June 2nd</b>	<b>MEMORIAL 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: ORANGE WEDGES or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or PEPPERONI , PEPPERONI & SAUSAGE OR <b>CHEESE PIZZA</b> OR ALTERNATE ENTREE PICK 2VEGS: 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>SPICY OR REGULAR 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>BREADED CHICKEN SANDWICH</b> or FIESTADA PIZZA or <b>ALTERNATE ENTRÉE</b> PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: FRESH CANTALOUPE or Fruit Options <b>ASSORTED TREAT</b>

# Have a Great Summer Break!

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