



# 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**

## EAT A RAINBOW OF FRUIT AND VEGETABLES EVERY DAY!



## Coventry Schools Weekly Rainbow Offerings

Red Seedless Grapes, Watermelon, Bananas, Apples, Orange Juice, Strawberries,  
Baby Carrots, Fresh Romaine Salads, Sweet Potato Fries, Fresh Steamed Broccoli,  
Sliced Cucumbers, Pineapple Tidbits, Celery

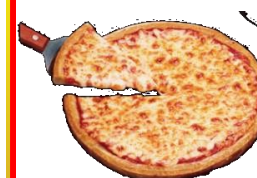
GREEN PRINT INDICATES VEGETARIAN OPTION

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 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.

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## SEPTEMBER AND OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b>  <b>September 8</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: Fruit Options</b>	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: Fruit Options</b>	<b>6 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> 5 POTATO SMILES <b>PICK 1: Fruit Options</b> <b>BONUS—SUGAR COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: Fruit Options</b>	<b>2 POPCORN CHICKEN WRAPS WITH TOPPINGS</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND <b>PICK 1: Fruit Options</b>
<b>WEEK 4 (Beginning)</b>  <b>September 15</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: Fruit Options</b>	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: Fruit Options</b>	<b>MEATBALL SUB W/ MOZZ on a Hoagie</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 1: Fruit Options</b> <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 <b>PICK 2: VEGETABLES:</b> SPICY SWEET POTATO FRIES <b>PICK 1: Fruit Options</b>	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: Fruit Options</b> <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>September 22</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: Fruit Options</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 <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: Fruit Options</b>	<b>TURKEY &amp; GRAVY W/ ROLL</b> or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 1: Fruit Options</b> <b>BONUS – MINI ICE CREAM SANDWICH</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: Fruit Options</b>	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI <b>PICK 1: Fruit Options</b>
<b>WEEK 2 (Beginning)</b>  <b>September 29—October 3</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> <b>PICK 2: VEGETABLES</b> SEASONED WEDGE FRIES <b>PICK 1: Fruit Options</b>	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: Fruit Options</b>	<b>W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 1: Fruit Options</b> <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 <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 1: Fruit Options</b>	<b>CHICKEN BACON MOZZ.</b> SUB ON A WW HOAGIE or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS <b>PICK 1: Fruit Options</b> <b>BONUS—Reduced Sugar Fruit Roll-up</b>

**GREEN PRINT INDICATES VEGETARIAN OPTION**

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## OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b>  <b>October 6</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE</b> QUESIDILLA W/ TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: WATERMELON</b> OR Fruit Options	<b>6 WHOLE GRAIN MINI</b> <b>CORN DOGS</b> or <b>GOURMET PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>5 POTATO SMILES</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—SUGAR COOKIE</b>	<b>(5) REG OR SPICY</b> <b>CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>2 POPCORN CHICKEN</b> <b>WRAPS WITH TOPPINGS</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>OVEN BAKED CURLY FRIES</b> CALIFORNIA VEGETABLE BLEND <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options
<b>WEEK 4 (Beginning)</b>  <b>October 13</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO</b> <b>SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: WATERMELON</b> OR Fruit Options	<b>CHICKEN PARMESAN</b> <b>SANDWICH</b> or <b>GOURMET PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>PASTA W/ MARINARA</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>SPICY SWEET POTATO FRIES</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Option	<b>GRILLED CHEESE</b> <b>SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>OVEN BAKED CURLY FRIES</b> <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>October 20</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: WATERMELON</b> OR Fruit Options	<b>GENERAL TSO CHICKEN OVER</b> <b>RICE</b> or <b>GOURMET PIZZA</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>ORIENTAL VEGETABLES</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—MINI ICE CREAM SANDWICH</b>	<b>(5) REG OR SPICY</b> <b>CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>OVEN BAKED CURLY FRIES</b> FREESH STEAMED BROCCOLI <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options
<b>WEEK 2 (Beginning)</b>  <b>October 27—</b> <b>October 31</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> <b>PICK 2: VEGETABLES</b> <b>SEASONED WEDGE FRIES</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO</b> <b>SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: WATERMELON</b> OR Fruit Options	<b>W.W. PENNE PASTA WITH</b> <b>MEATSAUCE, ALFREDO OR</b> <b>MARINARA</b> W/ GARLIC BREAD ROLL or <b>GOURMET PIZZA</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or (2) (W.W.) <b>HOMEMADE CHEESY</b> BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>MASHED POTATOES</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>CHICKEN BACON MOZZ.</b> SUB ON A W.W. HOAGIE or PEPPERONI <b>OR CHEESE PIZZA</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>½ TWICE BAKED POTATO W/</b> <b>CHEESE AND REAL BACON BITS</b> <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>

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