

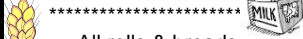
Capt. Nathan Hale School

February, 2012



Student Lunch....\$2.35
 Deluxe Pizza Lunch..\$2.85
 Milk only.....50¢
 Student Breakfast....\$1.25
 Adult Lunch.....\$3.50
 Adult Breakfast.....\$2.00

All Meals include a choice of
 Skim 1/2% or 1% White or
 Flavored Milk



All rolls & breads
 are whole wheat or
 whole grain for better health!

Also available daily
 are snacks which meet
 the
 CT Healthy Food
 Guidelines

Bottled water is available
 for 85¢
 Fresh Fruit is 50¢



A Note from the
 School Food Service Office

Parents - Have you logged on to "My School Account" where you can view your student's lunch balance and make payments: Check the Food Service Page on the district website for more information and instructions.

<http://coventryps.org/admin/services/food.html>

Wednesday, February 1

Choose one

1. Popcorn Chicken
Fluffy Rice
2. Hot dog on a Roll
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Garden Salad
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Thursday, February 2
Superbowl Party!

Choose one

1. Long Hot Dog
Assorted Toppings
2. Cheeseburger
3. Deluxe Pizza Slice*

Cookie!

Choose up to Three

Corn on the Cob
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Friday, February 3

Celebration!

Monday, February 6

Choose one

1. Baked Chicken Nuggets
Macaroni & Cheese
2. Hot dog on a Roll
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Green Beans
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Tuesday, February 7

Choose one

1. Grilled Cheese
Sandwich & Soft Pretzel
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Tomato Soup
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Wednesday, February 8

Choose one

1. Pancakes
with Bacon
2. Hot dog on a Roll
3. Deluxe Pizza Slice*

Choose up to Three

Hot Apple Slices
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Thursday, February 9

Choose one

1. Italian Dunkers
with Meat Sauce
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Steamed Carrots
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Friday, February 10

Choose one

1. Mozzarella Sticks
Baked Potato Puffs
2. Hot dog on a Roll
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Garden Salad
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Monday, February 13

Choose one

1. Baked Chicken Patty
on a Roll
2. Hot dog on a Roll
3. Deluxe Pizza Slice*

Choose up to Three

Baked Beans
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Tuesday, February 14

Choose one

1. Mexican Taco
Fluffy Rice
Cheeseburger
Deluxe Pizza Slice*

Red Jello!

Choose up to Three

Fresh Garden Salad
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Wednesday, February 15

Choose one

1. Sauteed Beef Tips
Seasoned Noodles
2. Hot dog on a Roll
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Broccoli
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Thursday, February 16

Choose one

1. Philly Cheese Steak Sub
Peppers & Onions
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Baked French Fries
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice

Friday, February 17


Choose one

1. Baked Chicken Tenders
Buttered Noodles
2. Hot dog on a Roll
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Garden Salad
 Fresh Baby Carrots
 Fresh Fruit
 Assorted Cupped Fruit
 100% Fruit Juice



<p>Monday, February 20</p>  <p>School will be closed today in honor of Presidents Day</p>	<p>Tuesday, February 21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Nuggets Macaroni & Cheese Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, February 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Links Hot dog on a Roll Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, February 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Nacho Grande Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, February 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Potato Puffs Hot dog on a Roll Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
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<p>Monday, February 26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Fluffy Rice Hot dog on a Roll Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Steamed Carrots Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Tuesday, February 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese Sandwich & Soft Pretzel Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, February 29</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Dinner Mashed Potato & Gravy Hot dog on a Roll Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Butternut Squash Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, March 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pasta & Meat Balls Hot Garlic Bread Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Medley Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, March 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Tenders Buttered Noodles Hot dog on a Roll Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
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