

Coventry High School April, 2019

Patriots' Cafe



Also available daily for \$1.00 are snacks which meet the CT Healthy Food Guidelines
Bottled water is available for \$1.25

Fresh Fruit is 50¢

All breads & grains are whole grain rich for better health!



Meal Prices	
Student Lunch.....	\$3.25
Deluxe Pizza Lunch	\$3.75
Deli Lunch	\$3.75
Milk only.....	50¢
Student Breakfast.....	\$2.00
Adult Lunch.....	\$4.00
Adult Breakfast.....	\$2.25

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

Monday, April 1 <i>April Fools Day!</i>	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
Chicken Giggles (Smilie Chicken Nuggets) Dinner Roll <u>Choose up to 2 vegs & 2 fruit</u> ☺ Smilie Fries! ☺ Fresh Baby Carrots Strawberries & other assorted fruit	Chicken & Waffles Chicken Tenders over Golden Brown Waffles <u>Choose up to 2 vegs & 2 fruit</u> Roasted Butternut Squash Fresh Baby Carrots Fresh Oranges & other assorted fruit	Cheese Pizza Bites Marinara Dipping Sauce <u>Choose up to 2 vegs & 2 fruit</u> Fresh Salad Fresh Baby Carrots Fresh Apples & other assorted fruit	Nacho Grande with Tortilla Chips <u>Choose up to 2 vegs & 2 fruit</u> Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit	Mozzarella Sticks & Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Baked Popcorn Chicken Seasoned Noodles <u>Choose up to 2 vegs & 2 fruit</u> Fresh Green Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Italian Combo Plate Mozz Sticks & Breaded Ravioli with Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Fresh Salad Fresh Baby Carrots Sliced Peaches & other assorted fruit	Half Day! No Lunch Served Please remember to visit the Cafeteria in the morning for a fresh, hot breakfast!	Sweet Thai Chili Chicken with Fluffy Rice <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Sliced Peaches & other assorted fruit	Mozzarella Sticks & Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit



Spring Vacation April 15 - 19



Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
Chicken Nuggets Baked Macaroni & Cheese <u>Choose up to 2 vegs & 2 fruit</u> Fresh Green Beans Fresh Baby Carrots Strawberries & other assorted fruit	Chicken Fajita Mexican Rice <u>Choose up to 2 vegs & 2 fruit</u> Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit	Sriracha Chicken with Fluffy Rice Pudding! <u>Choose up to 2 vegs & 2 fruit</u> Fresh Broccoli Orange Smiles Raisins & other assorted fruit	Baked Lasagna Garlic Bread <u>Choose up to 2 vegs & 2 fruit</u> Fresh Salad Fresh Baby Carrots Fresh Apples & other assorted fruit	Mozzarella Sticks & Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
Philly Cheese Steak with Peppers & Onions <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Curly Fries Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	BBQ Rib Sandwich Seasoned Curly Fries Pudding! <u>Choose up to 2 vegs & 2 fruit</u> BBQ Baked Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit	French Toast Sticks Sausage Links <u>Choose up to 2 vegs & 2 fruit</u> Baked Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit	Jumbo Cheese Pizza Bagel <u>Choose up to 2 vegs & 2 fruit</u> Fresh Broccoli Fresh Baby Carrots Sliced Peaches & other assorted fruit	Mozzarella Sticks & Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit



FRESH SALAD BAR AVAILABLE DAILY!

Make a meal with a "Make Your Own" salad plate for just \$3.75 for students; \$4.75 for adults. (Free & Reduced Prices apply where applicable.)
Price includes your choice of 10 oz of assorted vegetables and protein, with choice of two bread items, fruit and milk.
Want a bigger salad? Add more vegetables and protein for just 25¢ an ounce.



Come join us for Breakfast!

Only \$2.00*

◆ Freshly Made Breakfast Bowls

~ Eggs, potato, bacon & cheese

◆ Freshly Made Bacon & Egg Sandwich

◆ Assorted Cereal

◆ Cinnamon Buns

◆ Breakfast Bars

◆ Bagels with Cream Cheese

◆ Assorted Muffins

◆ Banana, Zucchini or Pumpkin Bread

All choices come with Fruit and Milk

All grains are healthy whole grains for better health!

* Students approved for FREE lunch are automatically eligible for FREE Breakfast.

* Breakfast for students approved for REDUCED meals is 20¢.



Don't skip the Most Important Meal of the Day!

April Physical Activity Tip: Walk! Walk! Walk! Find a walking buddy!



Having a walking buddy:

- makes walking more fun
- helps you stay motivated.
- helps you to stick with it.

Who makes a good walking buddy? Consider taking walks with family members, neighbors, friends or a four legged furry companion!



While any physical activity is beneficial, remember that walking is the original exercise! Find a walking trail. Some national parks have trails marked as easy, moderate and more advanced levels. So use your legs, the original exercise equipment, to move your body!



Also Available Daily:



Cheese Burger or
Chicken Patty Sandwich

Panini Sandwiches,
Fresh Deli Bar or
Large Pizza Slice Available Daily:
Students: \$3.75* Adults: \$4.25

All lunches come with your choice of milk, vegetable, & fruit

* Free and reduced meal benefits apply.

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April Nutrition Tip: Eat Your Colors!

All the vibrant colors in fruit and vegetables come from natural plant chemicals that have healthy effects on our bodies.

Different colours have different effects, so it's good to eat a variety of different colors each day.

Have a colorful snack of different fruits and berries, or chop vegetables into interesting shapes to make them more fun and exciting.

EAT COLORS FOR YOUR HEALTH



WHITE to strengthen the immune system

GREEN to purify with detoxification



RED to improve heart and blood health

YELLOW to fortify skin elasticity



ORANGE to prevent cancers

PURPLE to increase longevity



rawforbeauty.com

Parents – Log onto www.myschoolaccount.com to view your student's lunch balance and make payments. For more information about your school lunch program, visit <http://www.coventrypublicschools.org/district/food-services>

This institution is an equal opportunity provider.