

Student Lunch.....\$3.00
 Deluxe Pizza Lunch..\$3.75
 Milk only.....50¢
 Student Breakfast....\$1.75
 Adult Lunch.....\$4.00
 Adult Breakfast.....\$2.25

Capt Nathan Hale School



April 2019

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


Bottled water is available for \$1.00
 Fresh Fruit is 50¢



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



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

<p>Monday, April 1 April Fools Day! <u>Choose one</u> Chicken Giggles (Smilie Chicken Nuggets) 2. Hot dog on a Roll 3. Deluxe Pizza Slice* <u>Choose up to Three</u> ☺ Smilie Fries! ☺ Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Tuesday, April 2 Tex Mex Tuesday! <u>Choose one</u> 1. Soft Chicken Taco Seasoned Rice 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Wednesday, April 3 <u>Choose one</u> 1. Cheese Filled Bread Stick with Marinara Sauce 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Baked French Fries Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Thursday, April 4 <u>Choose one</u> 1. General Tso Chicken with Fluffy Rice & Roll 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>Friday, April 5 <u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot dog on a Roll 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>
<p>Monday, April 8 <u>Choose one</u> 1. Chicken Nuggets Macaroni and Cheese 2. Hot dog on a Roll 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Seasoned Carrot Coins Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Tuesday, April 9 Tex Mex Tuesday! <u>Choose one</u> 1. Corn Dog Nuggets Baked French Fries 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> BBQ Baked Beans Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Wednesday, April 10 Half Day! Bagged Lunch Choice of Personal Pan Pizza or Yogurt Plate Fresh Baked Cookie Choice of Fresh Fruit Choice of Milk </p>	<p>Thursday, April 11 <u>Choose one</u> 1. French Toast Sticks Sausage Links 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Baked Tater Tots Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>Friday, April 12 <u>Choose one</u> 1. Mozzarella Sticks Baked Potato Puffs 2. Hot dog on a Roll 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>



Spring Vacation April 15 - 19



<p>Monday, April 22 <u>Choose one</u> 1. Chicken Patty on a Roll 2. Hot dog on a Roll 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Tuesday, April 23 Tex Mex Tuesday! <u>Choose one</u> 1. Nacho Grande 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Wednesday, April 24 <u>Choose one</u> 1. Pasta & Meatballs Marinara Sauce 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Thursday, April 25 <u>Choose one</u> 1. Pancakes & Syrup Sausage Links 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Baked Tater Tots Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>Friday, April 26 <u>Choose one</u> 1. Mozzarella Sticks Baked Potato Puffs 2. Hot dog on a Roll 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>
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FRESH DAILY SALAD BAR

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.



Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Popcorn Chicken Seasoned Noodles Hot dog on a Roll Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Tex Mex Tuesday!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mexican Tacos Lettuce, Tomato & Cheese Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>New!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Philly Cheese Steak with Peppers & Onions Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Curly Fries Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Sausage Links Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit</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 Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>

Come join us for Breakfast! Just \$1.75*

- ◆ Fresh Made Bacon & Egg Sandwich ◆ Assorted Muffins ◆ Assorted Cereal
 ◆ Cinnamon Buns ◆ Breakfast Bars ◆ Pastries ◆ Assorted Bagels with Cream Cheese
 All choices come with Fruit, Juice and Milk

* Students approved for FREE lunch are automatically eligible for FREE Breakfast.
 * Breakfast for students approved for REDUCED meals is 20¢.

Still Hungry After 1st Period? Come to the cafeteria for a "Grab & Go" breakfast to bring to your next class! Just \$1.75!
 (Free & reduced costs apply to only one breakfast per student per day.)



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!



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

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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>

Bagged Lunches are available for field trips from your school kitchen!
 Call 860-742-4540 or stop by the kitchen the day before the trip to order! **This institution is an equal opportunity provider.**

Like us on Facebook!



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