

Coventry High School February, 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, February 4	Tuesday, February 5 <i>Chinese New Year!</i>	Wednesday, February 6	Thursday, February 7	Friday, February 8
Chicken Nuggets Baked Macaroni & Cheese <i>Choose up to 2 vegs & 2 fruit</i> Fresh Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	General Tso Chicken Fluffy Rice Fortune Cookie & Pudding! <i>Choose up to 2 vegs & 2 fruit</i> Fresh Broccoli Fresh Baby Carrots Raisins & other assorted fruit	Chicken Fajita Mexican Rice <i>Choose up to 2 vegs & 2 fruit</i> Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit	Baked Lasagna Garlic Bread <i>Choose up to 2 vegs & 2 fruit</i> Fresh Salad Fresh Baby Carrots Orange Smiles & other assorted fruit	New! Italian Combo Plate Mozz Sticks & Breaded Ravioli with Marinara Sauce <i>Choose up to 2 vegs & 2 fruit</i> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14 <i>Valentines Day!</i>	Friday, February 15
Jumbo Cheese Pizza Bagel <i>Choose up to 2 vegs & 2 fruit</i> Fresh Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	Nacho Grande with Tortilla Chips <i>Choose up to 2 vegs & 2 fruit</i> Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit	French Toast Sticks Sausage Links <i>Choose up to 2 vegs & 2 fruit</i> Baked Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit	Heart Shaped Chicken Nuggets Macaroni & Cheese Red Jello! <i>Choose up to 2 vegs & 2 fruit</i> Seasoned Green Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	Mozzarella Sticks & Marinara Sauce <i>Choose up to 2 vegs & 2 fruit</i> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
 School will be closed today to celebrate Presidents' Day	 School will be closed today for Winter Break	Thai Chili Chicken Fluffy Rice Fortune Cookie <i>Choose up to 2 vegs & 2 fruit</i> Fresh Broccoli Fresh Baby Carrots Raisins & other assorted fruit	Mexican Beef Taco Lettuce, Tomato & Cheese <i>Choose up to 2 vegs & 2 fruit</i> Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit	Mozzarella Sticks & Marinara Sauce <i>Choose up to 2 vegs & 2 fruit</i> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, February 25	Tuesday, February 26	Wednesday, February 27 <i>National Strawberry Day!</i>	Thursday, February 28	Friday, March 1
Chicken Patty on a Kaiser Roll Lettuce, Tomato & Cheese <i>Choose up to 2 vegs & 2 fruit</i> Baked Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit	New! Chicken & Waffles Chicken Tenders over Golden Brown Waffles <i>Choose up to 2 vegs & 2 fruit</i> ☺ Smilie Fries! ☺ Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Cheese Pizza Bites Marinara Dipping Sauce  <i>Choose up to 2 vegs & 2 fruit</i> Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit	BBQ Rib Sandwich Seasoned Curly Fries Pudding! <i>Choose up to 2 vegs & 2 fruit</i> BBQ Baked Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Mozzarella Sticks & Marinara Sauce <i>Choose up to 2 vegs & 2 fruit</i> Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit



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.

*Free and reduced meal benefits apply.



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!

February Physical Activity Tip: In winter, the weather sometimes make it hard to keep moving toward our own exercise goals. If you're not a world-class winter athlete, or can't stand going out in the cold, how can you stay active in winter? What can you do to keep moving throughout the year?

Here are some tips that may help:

- Choose activities that are fun. In all seasons, people are more likely to be active if they like what they are doing. In winter, you may enjoy a brisk walk at a local shopping center or a dance class.
- You can do many activities to strengthen muscles indoors. As the [Physical Activity Guidelines for Americans](#) recommend, do 2 or more days per week of strengthening activities such as lifting light weights, doing full or modified push-ups, or working with resistance bands.
- Keep an activity log to track your progress.
- If your time is limited, do 10 minutes of exercise at a time. Spread these bursts of activity out throughout the day. Every little bit counts!



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.

February Nutrition Tip: Maintain Energy with Nutrition this Winter!

Along with cold temperatures and shorter days, winter often means a lack of energy and motivation for many people. Sugary treats and comfort foods always seem to be around, and the cold weather can make the gym feel like the last place you want to go.

Whether you find yourself with a little less energy, a case of the winter blues, or something more serious, a nutritious diet can help you this season. To help you get started, nutrition experts at UPMC Sports Medicine offer six areas to focus on for improving your diet this winter.

- Focus on Healthy Carbs like nuts and whole grains
- Eat foods high in Vitamins C, D, and Zinc to help you stay healthy.
- Keep Your Diet Full of Fruits and Vegetables.
- Drink More Water and Tea to stay hydrated.
- Practice Moderation with sweets and treats.
- Eat On a Regular Schedule to help prevent over-eating and keep energy high.

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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>

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