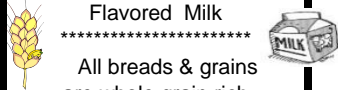


Student Lunch.....\$3.00  
 Deluxe Pizza Lunch...\$3.75  
 Milk only.....50¢  
 Student Breakfast....\$1.75  
 Adult Lunch.....\$4.00  
 Adult Breakfast.....\$2.25

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!

# Capt Nathan Hale School

# February 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¢



| Monday, February 4  | Tuesday, February 5  | Wednesday, February 6  | Thursday, February 7   | Friday, February 8   |
|---|--|--|--|--|
| <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Crispy Popcorn Chicken Seasoned Noodles</li> <li>Hot dog on a Roll</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Carrot Coins<br/>           Fresh Baby Carrots<br/>           Fresh Pears<br/>           &amp; other assorted fruit</p>                 | <p><b>Chinese New Year!</b></p> <p><u>Choose one</u></p>  <ol style="list-style-type: none"> <li>General Tso Chicken Fried Rice &amp; Roll</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Broccoli &amp; Carrots<br/>           Fresh Baby Carrots<br/>           Sliced Peaches<br/>           &amp; other assorted fruit</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mexican Tacos Lettuce, Tomato &amp; Cheese</li> <li>Baked Chicken Tenders</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets<br/>           Fresh Baby Carrots<br/>           Sliced Peaches<br/>           &amp; other assorted fruit</p>                                     | <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Waffles &amp; Sausage Links</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots<br/>           Fresh Baby Carrots<br/>           Fresh Apples<br/>           &amp; other assorted fruit</p>   | <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Potato Puffs</li> <li>Hot dog on a Roll</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Salad<br/>           Fresh Baby Carrots<br/>           Fresh Orange<br/>           &amp; other assorted fruit</p>                          |
| <p>Monday, February 11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks Sausage Links</li> <li>Hot dog on a Roll</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots<br/>           Fresh Baby Carrots<br/>           Fresh Pears<br/>           &amp; other assorted fruit</p> | <p>Tuesday, February 12</p> <p><b>Tex Mex Tuesday!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Nacho Grande</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets<br/>           Fresh Baby Carrots<br/>           Sliced Peaches<br/>           &amp; other assorted fruit</p>   | <p>Wednesday, February 13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Ravioli with Marinara Sauce</li> <li>Baked Chicken Tenders</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli<br/>           Fresh Baby Carrots<br/>           Raisins<br/>           &amp; other assorted fruit</p>                    | <p>Thursday, February 14</p> <p><b>Valentine's Day!</b></p> <p><u>Choose one</u></p>  <ol style="list-style-type: none"> <li>Heart Shaped Chicken Nuggets &amp; Mac &amp; Cheese</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><b>Red Jello!</b></p> <p><u>Choose up to Three</u></p>  <p>Fresh Green Beans<br/>           Fresh Baby Carrots<br/>           Strawberries<br/>           &amp; other assorted fruit</p> | <p>Friday, February 15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot dog on a Roll</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Salad<br/>           Fresh Baby Carrots<br/>           Fresh Orange<br/>           &amp; other assorted fruit</p> |
| <p>Monday, February 18</p>  <p><b>School will be closed today to celebrate Presidents' Day</b></p>   | <p>Tuesday, February 19</p>  <p><b>School will be closed today for Winter Break</b></p>   | <p>Wednesday, February 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Bites with Marinara Dipping Sauce</li> <li>Baked Chicken Tenders</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli<br/>           Fresh Baby Carrots<br/>           Sliced Peaches<br/>           &amp; other assorted fruit</p> | <p>Thursday, February 21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Tangerine Chicken Fluffy Rice</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans<br/>           Fresh Baby Carrots<br/>           Pineapple Tidbits<br/>           &amp; other assorted fruit</p>  | <p>Friday, February 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot dog on a Roll</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Salad<br/>           Fresh Baby Carrots<br/>           Fresh Orange<br/>           &amp; other assorted fruit</p> |




## 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, February 25  | Tuesday, February 26   | Wednesday, February 27<br><i>National Strawberry Day!</i>  | Thursday, February 28   | Friday, March 1   |
|--|--|--|---|---|
| <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets<br/>Macaroni and Cheese</li> <li>2. Hot dog on a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans<br/>Fresh Baby Carrots<br/>Fresh Apples<br/>&amp; other assorted fruit</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog Nuggets<br/>Baked French Fries</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans<br/>Fresh Baby Carrots<br/>Raisins<br/>&amp; other assorted fruit</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pasta &amp; Meatballs<br/>Marinara Sauce </li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli<br/>Fresh Baby Carrots<br/>Strawberries<br/>&amp; other assorted fruit</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup<br/>Sausage Links</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots<br/>Fresh Baby Carrots<br/>Sliced Pears<br/>&amp; other assorted fruit</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks<br/>Baked Tater Tots</li> <li>2. Hot dog on a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Salad<br/>Fresh Baby Carrots<br/>Fresh Orange<br/>&amp; 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!**

**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!

### **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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[www.facebook.com/CoventryAndoverSchoolFoodService](http://www.facebook.com/CoventryAndoverSchoolFoodService)

Parents – Log onto [www.myschoolaccount.com](http://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.