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

Coventry High Sch January, 2019

Patriots' Cafe

Also available daily for \$1.00 are snacks which meet the C7 Healthy Food Guidelines Bottled water is available for \$1.25

Fresh Fruit is 50¢

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



Wednesday, January 2

Chicken Alfredo over Pasta Garlic Bread

Choose up to 2 vegs & 2 fruit

Fresh Broccoli Fresh Baby Carrots Fresh Oranges & other assorted fruit

Thursday, January 3

Chicken Fajita Mexican Rice

Choose up to 2 vegs & 2 fruit Corn Niblets Fresh Baby Carrots Fresh Oranges

Friday, January 4

Baked Lasagna Garlic Bread

Choose up to 2 vegs & 2 fruit Seasoned Green Beans Fresh Baby Carrots **Orange Smiles** & other assorted fruit

Monday, January 7

Jumbo Cheese Pizza Bagel

Choose up to 2 vegs & 2 fruit Fresh Broccoli Fresh Baby Carrots Fresh Apples

Tuesday, January 8

Mozzarella Sticks & Marinara Sauce

Choose up to 2 vegs & 2 fruit Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit

Wednesday, January 9

French Toast Sticks Sausage Links

Choose up to 2 vegs & 2 fruit **Baked Tater Tots** Fresh Baby Carrots Fresh Apples & other assorted fruit

& other assorted fruit Thursday, January 10

Nacho Grande with Tortilla Chips

Choose up to 2 vegs & 2 fruit Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit

Friday, January 11

Chicken Parmesan Grinder

Choose up to 2 vegs & 2 fruit

Smilie Fries! Fresh Baby Carrots

Pineapple Tidbits & other assorted fruit

& other assorted fruit Monday, January 14

Chicken Tenders Seasoned Rice Dinner Roll

Choose up to 2 vegs & 2 fruit

Roasted Carrots Fresh Baby Carrots Sliced Peaches & other assorted fruit

Tuesday, January 15



Kitchen will be open Until 10:15 AM

Wednesday, January 16

Kitchen will be open Until 10:15 AM

Thursday, January 17

Kitchen will be open Until 10:15 AM

Friday, January 18

Kitchen will be open Until 10:15 AM



School will be closed today to celebrate Martin Luther King's Day!

Tuesday, January 22

Grilled Cheese Sandwich Warm Tomato Soup

Choose up to 2 vegs & 2 fruit Onion Rings

Fresh Baby Carrots Pineapple Tidbits

& other assorted fruit

Wednesday, January 23

Cheese Pizza Bites Marinara Dipping Sauce

Choose up to 2 vegs & 2 fruit Seasoned Green Beans Fresh Baby Carrots

Fresh Apples & other assorted fruit

Thursday, January 24

BBQ Rib Sandwich Seasoned Curly Fries

Choose up to 2 vegs & 2 fruit **BBQ Baked Beans** Fresh Baby Carrots

Raisins & other assorted fruit

Friday, January 25

Pasta & Meatballs with Marinara Sauce, Breadstick

Choose up to 2 vegs & 2 fruit Fresh Salad Fresh Baby Carrots

Sliced Peaches

& other assorted fruit

Monday, January 28

Baked Popcorn Chicken Seasoned Noodles

Choose up to 2 yeas & 2 fruit Fresh Green Beans Fresh Baby Carrots Fresh Apples

& other assorted fruit

Tuesday, January 29

Mozzarella Sticks & Marinara Sauce

Choose up to 2 vegs & 2 fruit Seasoned Curly Fries Fresh Baby Carrots Pineapple Tidbits

& other assorted fruit

Wednesday, January 30

Half Day! No Lunch Served

Please remember to visit the Cafeteria in the morning for a fresh, hot breakfast!

Thursday, January 31

Soft Chicken Taco Seasoned Rice

Choose up to 2 vegs & 2 fruit Corn Niblets Fresh Baby Carrots Fresh Apples

& other assorted fruit

Friday, February 1

Italian Meatball Grinder Marinara Sauce

Choose up to 2 vegs & 2 fruit

Fresh Salad Fresh Baby Carrots Sliced Peaches & 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.

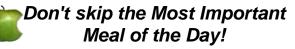
Come join us for Breakfast! Only \$2.00*

- ♦ 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¢.



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.

January Health Tip: Get your ZZZZZZZ's!

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns.

People are now sleeping less than they did in the past, and sleep quality has decreased as well.

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www.facebook.com/CoventryAndover SchoolFoodService Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom

comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.



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.