

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 School January, 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¢  
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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  
& other assorted fruit

**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  
& other assorted fruit

**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

**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

**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**

**Exams**

**Kitchen will be open  
Until 10:15 AM**

**Wednesday, January 16**

**Exams**

**Kitchen will be open  
Until 10:15 AM**

**Thursday, January 17**

**Exams**


**Kitchen will be open  
Until 10:15 AM**

**Friday, January 18**

**Exams**

**Kitchen will be open  
Until 10:15 AM**

**Monday, January 21**



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 vegs & 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\*

*New!*

#### ◆ 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!**



Also Available Daily:



**Cheese Burger or  
Chicken Patty Sandwich**

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**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.

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.



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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>

This institution is an equal opportunity provider.