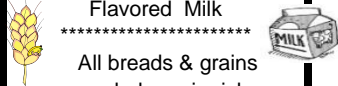


Student Lunch.....\$3.00
 Deluxe Pizza Lunch...\$3.75
 Milk only.....50¢
 Student Breakfast....\$1.75
 Adult Lunch.....\$4.00
 Adult Breakfast.....\$2.25

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



January 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¢



Wednesday, January 2

Choose one

- Cheese Lasagna Sauce & Roll
- Baked Chicken Tenders
- Deluxe Pizza Slice*

Choose up to Three

Seasoned Broccoli
 Fresh Baby Carrots
 Raisins
 & other assorted fruit

Thursday, January 3

Choose one

- Waffles & Sausage Links
- Cheeseburger
- Deluxe Pizza Slice*

Choose up to Three

Baked Tater Tots
 Fresh Baby Carrots
 Fresh Apples
 & other assorted fruit

Friday, January 4

Choose one

- Mozzarella Sticks Baked Potato Puffs
- Hot dog on a Roll
- Deluxe Pizza Slice*

Choose up to Three

Fresh Salad
 Fresh Baby Carrots
 Fresh Orange
 & other assorted fruit

Monday, January 7

Choose one

- Chicken Nuggets Macaroni and Cheese
- Hot dog on a Roll
- Deluxe Pizza Slice*

Choose up to Three

Fresh Green Beans
 Fresh Baby Carrots
 Fresh Pears
 & other assorted fruit

Tuesday, January 8

Tex Mex Tuesday!

Choose one

- Nacho Grande
- Cheeseburger
- Deluxe Pizza Slice*

Choose up to Three

Corn Niblets
 Fresh Baby Carrots
 Sliced Peaches
 & other assorted fruit

Wednesday, January 9

Choose one

- Cheese Ravioli with Marinara Sauce
- Baked Chicken Tenders
- Deluxe Pizza Slice*

Choose up to Three

Fresh Broccoli
 Fresh Baby Carrots
 Raisins
 & other assorted fruit

Thursday, January 10

Choose one

- French Toast Sticks Sausage Links
- Cheeseburger
- Deluxe Pizza Slice*

Choose up to Three

Baked Tater Tots
 Fresh Baby Carrots
 Strawberries
 & other assorted fruit

Friday, January 11

Choose one

- Mozzarella Sticks Baked Tater Tots
- Hot dog on a Roll
- Deluxe Pizza Slice*

Choose up to Three

Fresh Salad
 Fresh Baby Carrots
 Fresh Orange
 & other assorted fruit

Monday, January 14

Choose one

- Chicken Patty on a Roll Lettuce & Tomato
- Hot dog on a Roll
- Deluxe Pizza Slice*

Choose up to Three

Baked Beans
 Fresh Baby Carrots
 Fresh Apples
 & other assorted fruit

Tuesday, January 15

Tex Mex Tuesday!

Choose one

- BBQ Rib Sandwich
- Cheeseburger
- Deluxe Pizza Slice*

Choose up to Three

Seasoned Curly Fries
 Fresh Baby Carrots
 Fresh Pears
 & other assorted fruit

Wednesday, January 16

Choose one

- Cheese Pizza Bites with Marinara Dipping Sauce
- Baked Chicken Tenders
- Deluxe Pizza Slice*

Choose up to Three

Fresh Broccoli
 Fresh Baby Carrots
 Sliced Peaches
 & other assorted fruit

Thursday, January 17

Choose one

- Tangerine Chicken Fluffy Rice
- Cheeseburger
- Deluxe Pizza Slice*

Choose up to Three

Fresh Green Beans
 Fresh Baby Carrots
 Pineapple Tidbits
 & other assorted fruit

Friday, January 18

Choose one

- Mozzarella Sticks Baked Tater Tots
- Hot dog on a Roll
- Deluxe Pizza Slice*

Choose up to Three

Fresh Salad
 Fresh Baby Carrots
 Fresh Orange
 & 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.



<p>Monday, January 21</p>  <p>School will be closed today to celebrate Martin Luther King's Day!</p>	<p>Tuesday, January 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Corn Dog Nuggets Baked French Fries Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>Wednesday, January 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pasta & Meatballs Marinara Sauce Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Thursday, January 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Links Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>Friday, January 25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots 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>
<p>Monday, January 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Roll Hot dog on a Roll Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Tuesday, January 29</p> <p>Tex Mex Tuesday!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Soft Chicken Taco Seasoned Rice Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Wednesday, January 30</p> <p>Half Day!</p> <p>Bagged Lunch</p> <p>Choice of Personal Pan Pizza or Yogurt Plate Fresh Baked Cookie Choice of Fresh Fruit Choice of Milk</p> 	<p>Thursday, January 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> General Tso Chicken with Fluffy Rice & Roll Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>Friday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots 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>

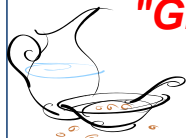
Come join us for Breakfast! Just \$1.75*

- ♦ 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!

Follow us on Twitter!
@CoveAndoSchFood



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.



Like us on Facebook!

www.facebook.com/CoventryAndoverSchoolFoodService

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>

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.