

Coventry High School March, 2019

Patriots' Cafe



Fresh Fruit is 50¢

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



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

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

FRESH SALAD BAR AVAILABLE DAILY!

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.



Friday, March 1



Mozzarella Sticks &
Marinara Sauce

Choose up to 2 vegs & 2 fruit

Spudsters
Fresh Baby Carrots
Sliced Pears
& other assorted fruit

Celebrate National School Breakfast Week! March 4 - 8, 2019

Receive a raffle entry for Amazon Gift Cards for every student breakfast purchased. Drawings will be held March 11, 2019.

<p>Monday, March 4</p> <p>Baked Popcorn Chicken Seasoned Noodles</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>Tuesday, March 5</p> <p>Italian Combo Plate Mozz Sticks & Breaded Ravioli with Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Salad Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Wednesday, March 6</p> <p>Macaroni and Cheese Dinner and Garlic Bread</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Thursday, March 7</p> <p>Soft Chicken Taco Seasoned Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>Friday, March 8</p> <p> </p> <p>School will be closed today for Teachers' Meetings</p>
<p>Monday, March 11</p> <p>Chicken Nuggets Baked Macaroni & Cheese</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Tuesday, March 12</p> <p>Chicken Fajita Mexican Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>Wednesday, March 13</p> <p>Baked Lasagna Garlic Bread</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Salad Fresh Baby Carrots Orange Smiles & other assorted fruit</p>	<p>Thursday, March 14 <i>Pi Day!</i></p> <p>Mozzarella Sticks & Marinara Sauce</p> <p>Mini Fruit Pie!</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Spudsters Fresh Baby Carrots Orange Smiles & other assorted fruit</p>	<p>Friday, March 15 <i>St. Patrick's Day!</i></p> <p>Shamrock Shaped Chicken Nuggets, Mac & Cheese</p> <p>Green Jello!</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>Monday, March 18</p> <p>Philly Cheese Steak with Peppers & Onions</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Curly Fries Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>Tuesday, March 19</p> <p>Nacho Grande with Tortilla Chips</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Wednesday, March 20</p> <p>French Toast Sticks Sausage Links</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Thursday, March 21</p> <p>Jumbo Cheese Pizza Bagel</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Friday, March 22</p> <p>Mozzarella Sticks & Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>Monday, March 25</p> <p>Chicken Tenders Seasoned Rice Dinner Roll</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Roasted Carrots Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Tuesday, March 26</p> <p>Mexican Beef Taco Lettuce, Tomato & Cheese</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Wednesday, March 27</p> <p>General Tso Chicken Fluffy Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Thursday, March 28</p> <p>Cheese Filled Bread Sticks Marinara Dipping Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Salad Fresh Baby Carrots Wild Blueberries & other assorted fruit</p>	<p>Friday, March 29</p> <p>Mozzarella Sticks & Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Spudsters Fresh Baby Carrots Sliced Pears & other assorted fruit</p>



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!



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.

Follow us on Twitter!

@CoveAndoSchFood



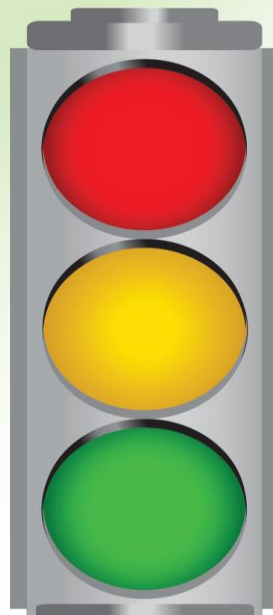
Like us on Facebook!

www.facebook.com/CoventryAndoverSchoolFoodService

March Nutrition Tip: Rethink Your Drink - Make every sip count!

Improve your health by choosing water or low-fat milk.

Rethink your drink: Go on **GREEN**. Cutting back on **RED** drinks and substituting them with **GREEN** drinks can help prevent unhealthy weight gain. **RED** drinks have over 3 tsp of sugar per 12 oz; **YELLOW** drinks have 1.5 to 3 tsp of sugar per 12 oz or contain artificial sweeteners; **GREEN** drinks have 0 to 1.25 tsp of sugar per 12 oz.



RED Drink Rarely, If At All

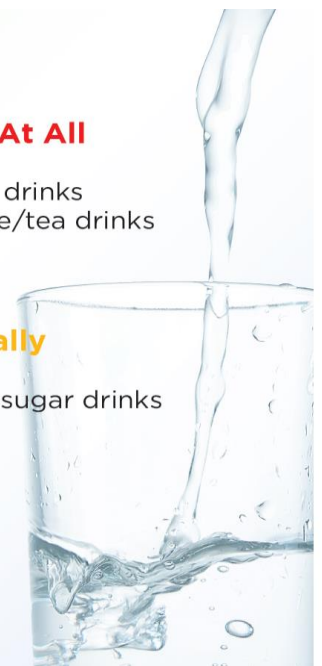
- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

YELLOW Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice

GREEN Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk



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.