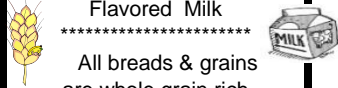


Student Lunch.....\$3.00  
 Deluxe Pizza Lunch..\$3.75  
 Milk only.....50¢  
 Student Breakfast....\$1.75  
 Adult Lunch.....\$4.00  
 Adult Breakfast.....\$2.25

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

# March 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¢



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

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

Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets</li> <li>2. Macaroni and Cheese</li> <li>3. Hot dog on a Roll</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Carrot Coins            Fresh Baby Carrots            Fresh Apples            &amp; other assorted fruit</p>	<p><b>Tex Mex Tuesday!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog Nuggets</li> <li>2. Baked French Fries</li> <li>3. Cheeseburger</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pasta &amp; Meatballs</li> <li>2. Marinara Sauce</li> <li>3. Baked Chicken Tenders</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli            Fresh Baby Carrots            Strawberries            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. General Tso Chicken</li> <li>2. Fluffy Rice</li> <li>3. Cheeseburger</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans            Fresh Baby Carrots            Sliced Pears            &amp; other assorted fruit</p>	<p><b>School will be closed today for Teachers' Meetings</b></p>
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks</li> <li>2. Baked Potato Puffs</li> <li>3. Hot dog on a Roll</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Salad            Fresh Baby Carrots            Fresh Pears            &amp; other assorted fruit</p>	<p><b>Tex Mex Tuesday!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Soft Chicken Taco</li> <li>2. Seasoned Rice</li> <li>3. Cheeseburger</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets            Fresh Baby Carrots            Fresh Apples            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Filled Bread Stick with 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>Baked French Fries            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><b>Pi Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup</li> <li>2. Sausage Links</li> <li>3. Cheeseburger</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><b>Mini Fruit Pie!</b></p> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots            Fresh Baby Carrots            Strawberries            &amp; other assorted fruit</p>	<p><b>St. Patrick's Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Shamrock Shaped Chicken Nuggets, Mac &amp; Cheese</li> <li>2. Hot dog on a Roll</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><b>Green Jello!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Salad            Fresh Baby Carrots            Fresh Orange            &amp; other assorted fruit</p>
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Crispy Popcorn Chicken</li> <li>2. Seasoned Noodles</li> <li>3. Hot dog on a Roll</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans            Fresh Baby Carrots            Fresh Pears            &amp; other assorted fruit</p>	<p><b>Tex Mex Tuesday!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mexican Tacos</li> <li>2. Lettuce, Tomato &amp; Cheese</li> <li>3. Cheeseburger</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>	<p><b>New!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Philly Cheese Steak with Peppers &amp; Onions</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Curly Fries            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; 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            Fresh Baby Carrots            Fresh Apples            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks</li> <li>2. Baked Potato Puffs</li> <li>3. Hot dog on a Roll</li> <li>4. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Salad            Fresh Baby Carrots            Fresh Orange            &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, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets</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 Fresh Baby Carrots Fresh Pears &amp; other assorted fruit</p>	<p><b>Tex Mex Tuesday!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Nacho Grande</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Ravioli with 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>Fresh Broccoli Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks</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 Fresh Baby Carrots Fresh Orange &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

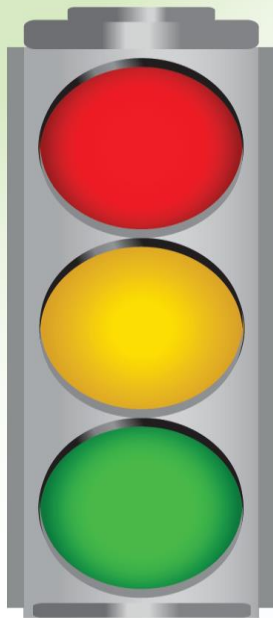
\* Students approved for FREE lunch are automatically eligible for FREE Breakfast.  
 \* Breakfast for students approved for REDUCED meals is 20¢.

**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!**

**March Nutrition Tip: Rethink Your Drink - Make every sip count!**  
 Improve your health by choosing water or low-fat milk.



- 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



**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.

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.

