

# Coventry High School May, 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

**Follow us on Twitter!**  
**@CoveAndoSchFood**



**Like us on Facebook!**  
[www.facebook.com/CoventryAndoverSchoolFoodService](http://www.facebook.com/CoventryAndoverSchoolFoodService)



**Monday, May 6**

Chicken Tenders  
Seasoned Rice  
Dinner Roll

Choose up to 2 vegs & 2 fruit

Roasted Carrots  
Fresh Baby Carrots  
Strawberries  
& other assorted fruit

**Tuesday, May 7**

Cheese Filled Bread Sticks  
Marinara Dipping Sauce

Choose up to 2 vegs & 2 fruit

Fresh Salad  
Fresh Baby Carrots  
Sliced Peaches  
& other assorted fruit

**Wednesday, May 8**

New Orleans Chicken  
Fluffy Rice

Choose up to 2 vegs & 2 fruit

Fresh Broccoli  
Fresh Baby Carrots  
Fresh Apples  
& other assorted fruit

**Thursday, May 9**

Mexican Beef Taco  
Lettuce, Tomato & Cheese

Choose up to 2 vegs & 2 fruit

Corn Niblets  
Fresh Baby Carrots  
Fresh Oranges  
& other assorted fruit

**Friday, May 10**

Mozzarella Sticks &  
Marinara Sauce

Choose up to 2 vegs & 2 fruit

Spudsters  
Fresh Baby Carrots  
Sliced Pears  
& other assorted fruit

**Monday, May 13**

Chicken Patty  
on a Kaiser Roll  
Lettuce, Tomato & Cheese

Choose up to 2 vegs & 2 fruit

Baked Beans  
Fresh Baby Carrots  
Strawberries  
& other assorted fruit

**Tuesday, May 14**

Chicken & Waffles  
Chicken Tenders over  
Golden Brown Waffles

Choose up to 2 vegs & 2 fruit

Seasoned Green Beans  
Fresh Baby Carrots  
Fresh Oranges  
& other assorted fruit

**Wednesday, May 15**

Cheese Pizza Bites  
Marinara Dipping Sauce

Choose up to 2 vegs & 2 fruit

Fresh Salad  
Fresh Baby Carrots  
Fresh Apples  
& other assorted fruit

**Thursday, May 16**

Nacho Grande with  
Tortilla Chips

Choose up to 2 vegs & 2 fruit

Corn Niblets  
Fresh Baby Carrots  
Fresh Oranges  
& other assorted fruit

**Friday, May 17**

Mozzarella Sticks &  
Marinara Sauce

Choose up to 2 vegs & 2 fruit

Spudsters  
Fresh Baby Carrots  
Sliced Pears  
& other assorted fruit

**Monday, May 20**

Baked Popcorn Chicken  
Seasoned Noodles

Choose up to 2 vegs & 2 fruit

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

**Tuesday, May 21**

Italian Combo Plate  
Mozz Sticks & Breaded  
Ravioli with Marinara Sauce

Choose up to 2 vegs & 2 fruit

Fresh Salad  
Fresh Baby Carrots  
Sliced Peaches  
& other assorted fruit

**Wednesday, May 22**

French Toast Sticks  
Sausage Links

Choose up to 2 vegs & 2 fruit

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

**Thursday, May 23**

Sweet Thai Chili Chicken  
with Fluffy Rice

Choose up to 2 vegs & 2 fruit

Seasoned Broccoli  
Fresh Baby Carrots  
Fresh Oranges  
& other assorted fruit


**Friday, May 24**

Mozzarella Sticks &  
Marinara Sauce

Choose up to 2 vegs & 2 fruit

Spudsters  
Fresh Baby Carrots  
Sliced Pears  
& other assorted fruit

**Monday, May 27**



School will be closed  
today to celebrate  
Memorial Day!

**Tuesday, May 28**

Chicken Fajita  
Mexican Rice

Choose up to 2 vegs & 2 fruit

Corn Niblets  
Fresh Baby Carrots  
Fresh Oranges  
& other assorted fruit

**Wednesday, May 29**

Sriracha Chicken with  
Fluffy Rice  
**Pudding!**

Choose up to 2 vegs & 2 fruit

Fresh Broccoli  
Orange Smiles  
Raisins  
& other assorted fruit

**Thursday, May 30**

Baked Lasagna  
Garlic Bread

Choose up to 2 vegs & 2 fruit

Fresh Salad  
Fresh Baby Carrots  
Fresh Apples  
& other assorted fruit

**Friday, May 31**

Mozzarella Sticks &  
Marinara Sauce

Choose up to 2 vegs & 2 fruit

Spudsters  
Fresh Baby Carrots  
Sliced Pears  
& other assorted fruit





## 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.



### 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.

#### May Physical Activity Tip:

While the benefits of daily exercise are numerous and well known, the benefits of a regular stretching routine are far less emphasized but just as important. Incorporating stretching into your daily workouts or into your regular day on their own is just as important to health and body functioning as regular exercise.



**May Nutrition Tip:** It's time to be good to your eyes! Eating better. Spend less time looking at digital devices. It's not just good for your body and mind—it's healthy for your eyes, too. Your eyes are unique and have their own nutritional needs. Getting the right nutrients to help nourish your eyes is a matter of choosing foods full of eye-healthy nutrients like Lutein, Zeaxanthin and Omega-3s. Lutein and Zeaxanthin cannot be produced by our bodies on their own, so they must be obtained through diet and/or supplements. But which foods, exactly?

**Leafy Vegetables – Richest Food Sources** - A single serving of cooked, frozen spinach contains close to 30 mg of lutein and zeaxanthin, which is the maximum amount present in any food, according to the USDA. The quantity of these two nutrients varies based on method of preparation, but cooked, frozen, fresh and canned dark green leafy vegetables such as kale, spinach, turnip greens, collards, dandelion greens, and mustard greens top the list with 8 to 25 mg of lutein and zeaxanthin per serving.

**Other Vegetable Sources** - All varieties of cooked summer and winter squash, peas, yellow corn, beet greens, pumpkin, Brussels sprouts, broccoli, romaine and iceberg lettuce, asparagus and carrots are good food sources of lutein and zeaxanthin and contain between 1 to 4 mg of lutein and zeaxanthin per serving.

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.