

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

# Capt Nathan Hale School



## 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¢



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!

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.**

Monday, May 6		Tuesday, May 7		Wednesday, May 8		Thursday, May 9		Friday, May 10			
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni and Cheese</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>Refried Beans            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>		<p><i>New!</i></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. 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 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            Strawberries            &amp; other assorted fruit</p>		<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Baked Tater Tots</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 Oranges            &amp; other assorted fruit</p>	
Monday, May 13		Tuesday, May 14		Wednesday, May 15		Thursday, May 16		Friday, May 17			
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Roll</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>Baked 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 Taco Seasoned Rice</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            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><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. General Tso Chicken with Fluffy Rice &amp; Roll</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli            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 Baked Tater Tots</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 Oranges            &amp; other assorted fruit</p>			

Follow us on Twitter!



@CoveAndoSchFood

## 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.  
 \*Free and reduced meal benefits apply.



Like us on Facebook!



[www.facebook.com/CoventryAndoverSchoolFoodService](http://www.facebook.com/CoventryAndoverSchoolFoodService)

Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
<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>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. Cheeseburger</li> <li>3. 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. Baked Chicken Tenders</li> <li>3. 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. 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 Sliced Pears &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 Oranges &amp; other assorted fruit</p>
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
 <p>School will be closed today to celebrate Memorial Day!</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. Cheeseburger</li> <li>3. 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. Pizza Bites</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup</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 Oranges &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!**

**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.

### **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.

