



Coventry High School

Patriot's Cafe

May - June 2023




Meal Prices

Student Lunch	Free
Student Breakfast	Free
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50
Snacks	\$1.00

All Meals include a choice of White or Flavored Milk

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

GREAT NEWS! All student meals (breakfast and lunch) will be served free of charge for the remainder of the 2022-2023 school year!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crispy Popcorn Chicken Seasoned Noodles <u>Choose up to 2 vegs & 2 fruit</u> Marinated Chick Peas Fresh Baby Carrots Strawberries & other assorted fruit	2 Philly Cheese Steak with Peppers & Onions <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Curly Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit	3 Mandarin Orange Chicken with Asian Fried Rice <u>Choose up to 2 vegs & 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	4 Sloppy Joe on a Bun Macaroni & Cheese <u>Choose up to 2 vegs & 2 fruit</u> Baked Tater Tots Fresh Baby Carrots Sliced Peaches & other assorted fruit	5 Cheese Pizza Bites with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
8 Bacon Cheeseburger on a Bun <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Fresh Oranges & other assorted fruit	9 Chicken & Waffles with Syrup <u>Choose up to 2 vegs & 2 fruit</u> Baked Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit	10 Pasta with Meat Sauce or Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit	11 Chicken Fajita Soft Taco Mexican Rice <u>Choose up to 2 vegs & 2 fruit</u> Refried Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit	12 Mozzarella Sticks with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
15 Chicken Patty Sandwich Variety <u>Choose up to 2 vegs & 2 fruit</u> Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	16 BBQ Pulled Pork Grinder <u>Choose up to 2 vegs & 2 fruit</u> Curly Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit	17 General Tso Chicken with Asian Fried Rice <u>Choose up to 2 vegs & 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit	18 Grilled Cheese Sandwich Pudding! <u>Choose up to 2 vegs & 2 fruit</u> Baked Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit	19 Cheese Pizza Pocket with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
22 Chicken Nuggets Macaroni and Cheese <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Sliced Peaches & other assorted fruit	23 French Toast Sticks Sausage Patties <u>Choose up to 2 vegs & 2 fruit</u> Baked Hash Brown Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	24 Cheesy Stuffed Pizza Stick Marinara Dipping Sauce <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	25 Mandarin Orange Chicken with Asian Fried Rice <u>Choose up to 2 vegs & 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit	26 White Garlic French Bread Pizza <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
29  School will be closed today to celebrate Memorial Day!	30 Chicken & Broccoli Alfredo over Pasta <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit	31 Corn Dog Nuggets <u>Choose up to 2 vegs & 2 fruit</u> Baked French Fries Fresh Baby Carrots Fresh Apples & other assorted fruit	1 Popcorn Chicken Seasoned Noodles <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit	2 Personal Pan Pizza <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit

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Exams

*Kitchen will be open
Until 10:15 AM*

Lunch will be available
at CNHS until 12:00

6

Exams

*Kitchen will be open
Until 10:15 AM*

Lunch will be available
at CNHS until 12:00

7

Exams

*Kitchen will be open
Until 10:15 AM*

Lunch will be available
at CNHS until 12:00

8

Exams

*Kitchen will be open
Until 10:15 AM*
Senior BBQ at 12:00
Lunch will be available
at CNHS until 12:00

9

Make Up Exams

Half Day
*CHS Kitchen will
be closed*
Breakfast available
at CNHS until 7:45

12

Make Up Exams

Half Day
*CHS Kitchen will
be closed*
Breakfast available
at CNHS until 7:45



**Have a
Great Summer!**

**FRESH SALADS
AVAILABLE DAILY!**

Make a meal with a "Make Your Own" salad plate for FREE for students; \$5.00 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.



Also Available Daily:

Panini Sandwiches Fresh Deli Bar
Large Pizza Slice Cheese Burger
Freshly Made Salads Chicken Patty Sandwich



All lunches come with your choice of
milk, vegetable, & fruit.

Visit our Snack Rack for Healthy Snacks that meet the CT
Healthy Food Guidelines. Just \$1.00 each!
Bottled Water and Switch are available for \$1.25.
Fresh Fruit is 60¢.



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

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>.

Visit

<https://www.coventrypublicschools.org/district/wellness-committee> to be involved in school wellness!

Questions or comments about your student's lunches?
We'd love to hear from you!
Call the Food Service Office at 860-742-4535.
This institution is an equal opportunity provider.

**Come join us for Breakfast!
It's FREE for Students!**

- ◆ Freshly Made Bacon & Egg Sandwich
- ◆ Assorted Muffins
- ◆ Cinnamon Buns
- ◆ Freshly Glazed Donuts
- ◆ Assorted Cereal
- ◆ Bagels with Cream Cheese
- ◆ Banana, Zucchini or Pumpkin Bread



**All choices come with Fruit and Milk.
All grains are whole grains
for better health!**

***Don't skip the Most Important
Meal of the Day!***

Part Time & Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring part time and substitute kitchen workers. Help contribute to the students' educational day by feeding them satisfying, healthy meals. This rewarding and convenient position is great for parents or grandparents of school-aged children. The hours are generally 10 am to 1:30 pm with some variation per school. If you are interested or would like more information, please call Beth Pratt, Director of School Food Services, at 860-742-4535 between 6:00 a.m. and 2:00 pm, Monday through Friday. To apply, go to <https://www.applitrack.com/coventry/onlineapp/>. **Come Join Our Amazing Team!**