



# Coventry High School

## Patriot's Cafe

### October 2022



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!** During the transition back to normal school operations in school year 2022-23, the Coventry/Andover School Food Service has opted in to the School Meals Assistance Revenue for Transition (SMART) funds providing meals (breakfast and lunch) **at no cost for all students at the beginning of the school year**. Please note that meals at no cost to all students *are unlikely to last all year and are subject to the availability of district funds*. Since the availability of meals at no cost will expire when all funds have been expended, it is critical that households submit a free and reduced-priced meal application as soon as possible to determine a student's eligibility for this school year and avoid unpaid meal charges.



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

Follow us on Twitter! [@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Patty Sandwich Choice of Flavor <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	<b>4</b> <b>National Taco Day</b> Beef Tacos with Mexican Rice <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit	<b>5</b> Sloppy Joe on a Bun Macaroni & Cheese <u>Choose up to 2 vegs &amp; 2 fruit</u> California Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit	<b>6</b> French Toast Sticks Sausage Patties <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Hash Brown Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	<b>7</b> Mozzarella Sticks with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit

### National School Lunch Week! October 10 - 14, 2022

Students receive a raffle entry for Amazon Gift Cards for every lunch purchased this week. Drawings will be held October 17, 2022.

<b>10</b>  School will be closed today for October Break	<b>11</b>  School will be closed today for Staff Development	<b>12</b> General Tso Chicken with Asian Fried Rice <u>Choose up to 2 vegs &amp; 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	<b>13</b> Meatball Parm Grinder <u>Choose up to 2 vegs &amp; 2 fruit</u> Carrot Coins Fresh Baby Carrots Fresh Apples & other assorted fruit	<b>14</b> Cheese Pizza Bites with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
<b>17</b> Crispy Popcorn Chicken Seasoned Noodles <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit	<b>18</b> Chicken Fajita Tacos <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit	<b>19</b> Cheese Pizza Pocket with Marinara Sauce <u>Choose up to 2 vegs &amp; 2 fruit</u> Carrot Coins Fresh Baby Carrots Strawberries & other assorted fruit	<b>20</b> French Bread Pizza <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Chick Peas Fresh Baby Carrots Fresh Oranges & other assorted fruit	<b>21</b> Mozzarella Sticks with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
<b>24</b> Corn Dog Nuggets Onion Rings <u>Choose up to 2 vegs &amp; 2 fruit</u> BBQ Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	<b>25</b> Pulled Pork Grinder <u>Choose up to 2 vegs &amp; 2 fruit</u> Sidewinder Fries Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	<b>26</b> Pancakes and Sausage <u>Choose up to 2 vegs &amp; 2 fruit</u> Hash Brown Potatoes Fresh Baby Carrots Apple Sauce & other assorted fruit	<b>27</b> Pasta and Meatballs Cheesy Garlic Bread <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Sliced Peaches & other assorted fruit	<b>28</b> Cheese Pizza Bites with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Fresh Oranges & other assorted fruit



### FRESH SALADS AVAILABLE DAILY!

Make a meal with a "Make Your Own" salad plate at NO COST 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.

<p><b>Happy Halloween! 31</b></p> <p>Stuffed Crust Pizza with Assorted Toppings</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Curly Fries Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>
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<p><b>1</b></p> <p>Bacon Cheeseburger Onion Rings</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Broccoli Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>
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<p><b>2</b></p> <p>Cheesy Stuffed Pizza Stick Marinara Dipping Sauce</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Green Beans Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>
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<p><b>3</b></p> <p>Orange Chicken with Asian Fried Rice</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>
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<p><b>4</b></p> <p>Mozzarella Sticks with Marinara</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>
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**Also Available Daily:**



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



**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 50¢.

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

**Come join us for Breakfast!**

**It's FREE!**

- ◆ Freshly Made Bacon & Egg Sandwich
  - ◆ Assorted Cereal
  - ◆ Assorted Muffins
  - ◆ Cinnamon Buns
  - ◆ Breakfast Bars
- ◆ 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!**

**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/>.

**October Nutrition Tip:**

October 10 - 14, 2023 is celebrated as National School Lunch Week. Learning is tough work—and kids need fuel if they're going to learn! That's why a healthy midday meal is crucial to the growing children who go to school. Since 1962, when President John F. Kennedy created National School Lunch Week (NSLW), this annual observance has promoted the importance of a healthy school lunch in a child's life and the impact it has both in and out of the classroom.

**Students receive a raffle entry for Amazon Gift Cards for every lunch purchased this week.** Drawings will be held October 17, 2022.

**October Physical Activity Tip:**

Wednesday, October 5 is National Walk to School Day. If you are able, join others around the globe by walking or biking to school during this one-day event that began in 1997. To increase physical activity, walk or bike to school throughout the year!

If you cannot walk to school from where you live, take a brisk 15 minute walk during the day. Can you walk a whole mile in 15 minutes? Challenge yourself!

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>.

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.***