



# Capt Nathan Hale School

# 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
3	4	5	6	7
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Crispy Popcorn Chicken Seasoned Noodles</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p><b>National Taco Day</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Fajita with Mexican Rice</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheesy Stuffed Pizza Stick with Marinara Sauce</li> <li>Baked Chicken Tenders</li> <li>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>French Toast Sticks Sausage Patty</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>

## 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.

10	11	12	13	14
 <p>School will be closed today for October Break</p>	 <p>School will be closed today for Staff Development</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>General Tso Chicken with Asian Fried Rice</li> <li>Baked Chicken Tenders</li> <li>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>Waffles &amp; Syrup Sausage Patty</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>
17	18	19	20	21
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Nuggets Macaroni &amp; Cheese</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mexican Beef Taco with Seasoned Rice</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Pocket</li> <li>Baked Chicken Tenders</li> <li>Deluxe Pizza Slice*</li> </ol> <p><b>Pudding!</b></p> <p><u>Choose up to Three</u></p> <p>California Mixed Vegetables Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks Sausage Patty</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>




## FRESH SALAD BAR 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.



<p style="text-align: right;"><b>24</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p style="text-align: right;"><b>25</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Nacho Grande with Tortilla Chips</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 style="text-align: right;"><b>26</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Bacon Cheeseburger</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 Pineapple Tidbits &amp; other assorted fruit</p>	<p style="text-align: right;"><b>27</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p style="text-align: right;"><b>28</b></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</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>
<p><b>Happy Halloween!</b> <b>31</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Seasoned Noodles</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><b>Orange Jello!</b></p> <p><u>Choose up to Three</u></p> <p>Baked Beans  Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p style="text-align: right;"><b>1</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog Nuggets Baked French Fries</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Fresh Apple &amp; other assorted fruit</p>	<p style="text-align: right;"><b>2</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Bread Pizza</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 style="text-align: right;"><b>3</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p style="text-align: right;"><b>4</b></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</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>

## 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!



## Come join us for Breakfast!

### It's FREE!

- ◆ Fresh Made Bacon & Egg Sandwich
  - ◆ Assorted Muffins ◆ Assorted Cereal
  - ◆ Cinnamon Buns ◆ Breakfast Bars ◆ Pastries
- All choices come with Fruit, Juice and Milk*

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>.

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

Questions or comments about your student's lunches? We'd love to hear from you!  
Call or email 860-742-4535 or [bpratt@coventryct.org](mailto:bpratt@coventryct.org).

### 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!



### 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.