



Coventry High School

Patriot's Cafe

April, 2022



Meal Prices
 Student Lunch: FREE
 Student Breakfast: FREE
 Milk only.....\$0.50
 Adult Lunch.....\$4.50
 Adult Breakfast....\$2.25

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!

PurpleUp! For Military Kids!

By proclamation of Governor Ned Lamont, April is the **Month of the Military Child**. Help us celebrate **PurpleUp! For Military Kids** on **April 27th**, by wearing or displaying purple to recognize the strength and the sacrifices of our military children. Purple references the joint environment of the military, encompassing all service branches, Active Duty, Reserve, National Guard, and Veterans. Purple combines each branch's colors into one: the Air Force, Navy, and Coast Guard all use shades of blue, the Army uses green, and the Marines use red.

Like us on Facebook!

[@CoventryAndover](#)
[SchoolFoodService](#)

Follow us on Twitter!

[@CPS_AES_SchFood](#)

Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
Popcorn Chicken Seasoned Noodles <u>Choose up to 2 vegs & 2 fruit</u> Baked Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Stuffed Waffles & Toppings Baked Ham Steak <u>Choose up to 2 vegs & 2 fruit</u> Baked Tater Tots Fresh Baby Carrots Strawberries & other assorted fruit	Cheese Pizza Pocket with Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	Buffalo Chicken Dip with Chips <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	Mozzarella Sticks with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit



April 11 - 15, 2022 Spring Break!



Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
Philly Cheese Steak with Peppers & Onions <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Curly Fries Fresh Baby Carrots Fresh Oranges & other assorted fruit	French Toast Sticks Sausage Patties <u>Choose up to 2 vegs & 2 fruit</u> Hash Brown Potato Fresh Baby Carrots Sliced Peaches & other assorted fruit	Corn Dog Nuggets Onion Rings <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	Chicken Alfredo over Pasta <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Fresh Oranges & other assorted fruit	Mozzarella Sticks with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
Choice of Buffalo or Plain Chicken Patty Sandwich <u>Choose up to 2 vegs & 2 fruit</u> Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	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	White Garlic French Bread Pizza <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Strawberries & other assorted fruit	Nacho Grande with Tortilla Chips <u>Choose up to 2 vegs & 2 fruit</u> Corn Niblets Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	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

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¢.

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

Come join us for Breakfast!

It's Free for all students!



- ◆ 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/>.

Come Join Our Amazing Team!

April Nutrition Tip! Here are five nutrition facts you should keep in mind daily:

1. Rethink your drink - Soda and other sweet drinks contain a lot of sugar, are high in calories and lack healthy nutrients. Drink water, 100% juice or fat-free milk. Dilute fruit juices with water or seltzer.



2. Size matters - Keeping an eye on portion size is key to maintaining a healthy weight. Avoid supersized portions. Use a smaller plate, bowl and glass. Stop eating when you are satisfied, not full.



3. Focus on fiber - Whole grains are an excellent source of fiber. Fiber aids in your digestion and may lower your risk of obesity, type 2 diabetes and heart disease. Also, high fiber foods can keep you fuller longer, which helps keep you from overeating.

4. Color your plate - Including several types of colorful fruits and vegetables to your plate adds lots of healthy vitamins and minerals to your meals. It's important to eat an array of these foods to give your body the tools it needs to keep you healthy.



5. Snack smarter - Snacking can help maintain energy. Stay away from sugary foods like candy or soda since they have little nutritional value. Instead, choose healthier options like fruit, yogurt, nuts, cut-up vegetables or whole grain crackers. Be mindful of portions and how many calories your snacks provide.

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>.

Want to be involved in school wellness?

Visit <https://www.coventrypublicschools.org/district/wellness-committee> to join us!

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.***