



Capt Nathan Hale School



April

2022

Meal Prices

Student Lunch:FREE
 Student Breakfast:FREE
 Snacks & Ice Cream...\$1.00
 Fresh Fruit\$0.50
 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](#)

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Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Macaroni & Cheese 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans Fresh Baby Carrots Fresh Pear & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mexican Beef Taco with Seasoned Rice 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Orange & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pasta and Meatballs with Marinara Sauce 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>



April 11 - 15, 2022 Spring Break!



Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Nacho Grande with Tortilla Chips 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Teriyaki Chicken with Fried Rice 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>

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

- ◆ Fresh Made Bacon & Egg Sandwich
- ◆ Assorted Muffins
- ◆ Assorted Cereal
- ◆ Cinnamon Buns
- ◆ Breakfast Bars
- ◆ Pastries

All choices come with Fruit, Juice and Milk

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



Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Seasoned Noodles 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Corn Dog Nuggets Baked French Fries 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Fresh Apple & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Bread Pizza 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Syrup Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>

Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring 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. 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>.

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. This institution is an equal opportunity provider.