



# Coventry High School Patriot's Cafe

## December, 2021

### 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



**Great News! All Student Breakfast and Lunches will be served at NO COST for the entire school year!**

**A-la-carte pricing still applies. All menus subject to change.**

**Like us on Facebook!**

[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

**Follow us on Twitter!**

[@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)



<p>Wednesday, December 1</p> <p>Pasta and Meatballs with Marinara</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Broccoli Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>Thursday, December 2</p> <p>Popcorn Chicken Seasoned Noodles</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Green Beans Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p>Friday, December 3</p> <p>Half Day! No Lunch Served</p> <p>Please remember to Visit the Cafeteria in the morning for a fresh, hot breakfast!</p>		
<p>Monday, December 6</p> <p>Philly Cheese Steak with Peppers &amp; Onions</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Curly Fries Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p>Tuesday, December 7</p> <p>General Tso Chicken Asian Fried Rice &amp; Roll</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p>Wednesday, December 8</p> <p>Cheese Pizza Pocket with Marinara Sauce</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Green Beans Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p>Thursday, December 9</p> <p>Soft Chicken Taco Mexican Rice</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Refried Beans Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p>Friday, December 10</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 Sliced Pears &amp; other assorted fruit</p>
<p>Monday, December 13</p> <p>Buffalo or Plain Chicken Patty on a Bun</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>BBQ Baked Beans Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p>Tuesday, December 14</p> <p>New Orleans Chicken Asian Fried Rice &amp; Roll</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p>Wednesday, December 15</p> <p>Stuffed Crust Pizza with Variety of Toppings <b>Assorted Pudding!</b></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>	<p>Thursday, December 16</p> <p>Beef Tot-Chos! Tater Tots topped with Mexican Taco Meat &amp; Cheese</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>Friday, December 17</p> <p>Cheese Pizza Bites with Marinara</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>
<p>Monday, December 20</p> <p>Deluxe Bacon Cheeseburger Onion Rings</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Broccoli Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>Tuesday, December 21</p> <p>French Toast Sticks Sausage Patties</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Baked Tater Tots Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p>Wednesday, December 22</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>	<p>Thursday, December 23</p> <p>Half Day! No Lunch Served</p> <p>Please remember to Visit the Cafeteria in the morning for a fresh, hot breakfast! &amp; other assorted fruit</p>	<p>Friday, December 24</p> <p><b>HAPPY HOLIDAYS</b></p>



**Winter Vacation  
December 24 - January 2**



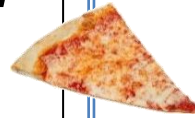
## **Come join us for Breakfast!** *It's Free for all students!*



- ◆ 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!***



**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.**

Also available daily for \$1.00 are snacks which meet the CT Healthy Food Guidelines. Bottled water is available for \$1.25. Fresh Fruit is 50¢.

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

### **Substitute and Part Time 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!**

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> 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.***



## **Health Tips for Students**



Between irregular schedules, social media life, exams and food choices, it can be difficult to make time to keep up on your personal health. Following these small health tips can really make a difference:

1. Limit sugary and caffeinated beverages.
2. Eat plenty of fruit and veggies.
3. Keep healthy snacks around.
4. Limit junk food.
5. Learn proper portion sizes.
6. Don't skip meals.
7. Incorporate different kinds of exercise in your routine.
8. Try to move a little bit every hour.
9. Explore new exercises. You may find something new you love!
10. Turn off screens at least 30 minutes before bed.