

Meal Cost:
 Student Lunch: FREE
 Student Breakfast: FREE

All Meals include fruit & milk

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



Meal Pickup Menu

December 2021

Join us for Breakfast!

It's FREE!

Breakfast is also available for
 pick up, including:

Assorted Muffins & Cereal,
 Fruit, Juice & Milk

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

Note to Parents: This menu is for children 18 and under who are not enrolled in school. Meals for these students will be distributed once a week on **Wednesdays from 9:00 - 10:30 at the side cafeteria door at Capt. Nathan Hale School.** These meals must be pre-ordered and will be frozen and ready to heat at home. A link to sign up will be provided via email. All meals (breakfast and lunch) are served free of charge. Please reach out with questions to Beth Pratt at 860-742-4535 or bpratt@coventryct.org.



		Wednesday, December 8 <i>Choose one</i> 1. Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, December 9 <i>Choose one</i> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, December 10 Pajama Day! <i>Choose one</i> 1. French Toast Sticks Sausage Patty Hash Brown Potato 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, December 13 <i>Choose one</i> 1. Chicken Patty on a Bun Green Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, December 14 <i>Choose one</i> 1. Corn Dog Nuggets Baked French Fries BBQ Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, December 15 <i>Choose one</i> 1. General Tso Chicken Fluffy Rice Seasoned Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, December 16 <i>Choose one</i> 1. Waffles and Sausage Patty Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, December 17 <i>Choose one</i> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, December 20 <i>Choose one</i> 1. Chicken Nuggets Macaroni & Cheese Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, December 21 <i>Choose one</i> 1. BBQ Rib on a Bun Seasoned Curly Fries 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, December 22 <i>Choose one</i> 1. Pasta and Meatballs with Marinara Sauce Green Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, December 23 <i>Choose one</i> 1. French Toast Sticks Sausage Patty Hash Brown Potato 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, December 24 School will be closed for the Winter Holidays No Meals Served.

Winter Vacation December 24 - January 2

Monday, January 3 <i>Choose one</i> 1. Popcorn Chicken Seasoned Noodles Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, January 4 <i>Choose one</i> 1. Totally Taco MaxSnax Mexican Rice Corn Niblets 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, January 5 <i>Choose one</i> 1. French Bread Cheese Pizza Green Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, January 6 <i>Choose one</i> 1. Chicken Patty on a Bun Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, January 7 <i>Choose one</i> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, January 10 <i>Choose one</i> 1. Chicken Nuggets Seasoned Noodles Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, January 11 <i>Choose one</i> 1. Totally Taco MaxSnax Mexican Rice Corn Niblets 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, January 12 <i>Choose one</i> 1. Cheese Quesadilla Seasoned Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, January 13 <i>Choose one</i> 1. Pancakes & Sausage Patty Hash Brown Potato 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, January 14 <i>Choose one</i> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots

Menus are subject to change based on availability of product. We are an equal opportunity provider.