



# Coventry High School

## Patriot's Cafe

### January, 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!

**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)

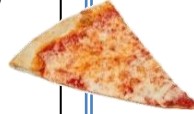
**Follow us on Twitter!**  
[@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
Chicken Tenders with Assorted Dipping Sauce Dinner Roll <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	French Toast Sticks Sausage Patty <u>Choose up to 2 vegs &amp; 2 fruit</u> Hash Brown Potato Fresh Baby Carrots Strawberries & other assorted fruit	Cheese Pizza Pocket with Marinara Sauce <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	Chicken & Broccoli Alfredo over Pasta <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	Mozzarella Sticks with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
Philly Cheese Steak with Peppers & Onions <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	General Tso Chicken Asian Fried Rice <u>Choose up to 2 vegs &amp; 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Cheesy Stuffed Pizza Stick <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Curly Fries Fresh Baby Carrots Fresh Oranges & other assorted fruit	BBQ Pulled Pork Grinder Waffle Fries <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	Half Day! No Lunch Served Please remember to Visit the Cafeteria in the morning for a fresh, hot breakfast! & other assorted fruit
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
 <p><b>School will be closed to celebrate Martin Luther King Day!</b></p>	<p><b>Exams</b></p> <p><b>Kitchen will be open Until 10:15 AM</b></p>	<p><b>Exams</b></p> <p><b>Kitchen will be open Until 10:15 AM</b></p>	<p><b>Exams</b></p> <p><b>Kitchen will be open Until 10:15 AM</b></p>	<p><b>Exams</b></p> <p><b>Kitchen will be open Until 10:15 AM</b></p>
Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
Chicken Cordon Bleu Sandwich & Waffle Fries <b>Assorted Pudding!</b> <u>Choose up to 2 vegs &amp; 2 fruit</u> BBQ Baked Beans Fresh Baby Carrots Strawberries & other assorted fruit	Pancakes & Syrup Sausage Patties <u>Choose up to 2 vegs &amp; 2 fruit</u> Hash Brown Potato Fresh Baby Carrots Sliced Peaches & other assorted fruit	Italian Combo Breaded Ravioli & Mozz Stx <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	Nacho Grande with Tortilla Chips <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit	Mozzarella Sticks with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit



Monday, January 31	Tuesday, February 1	Wednesday, February 2	Thursday, February 3	Friday, February 4
Choice of Buffalo or Plain Chicken Patty Sandwich	Mandarin Orange Chicken with Asian Fried Rice	White Garlic French Bread Pizza	Beef Tacos with Mexican Rice	Cheese Pizza Bites with Marinara
<i>Choose up to 2 vegs &amp; 2 fruit</i>	<i>Choose up to 2 vegs &amp; 2 fruit</i>	<i>Choose up to 2 vegs &amp; 2 fruit</i>	<i>Choose up to 2 vegs &amp; 2 fruit</i>	<i>Choose up to 2 vegs &amp; 2 fruit</i>
Baked Beans	Asian Mixed Vegetables	Fresh Garden Salad	Corn Niblets	Fresh Garden Salad
Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots
Fresh Apples	Sliced Peaches	Strawberries	Pineapple Tidbits	Sliced Pears
& other assorted fruit	& other assorted fruit	& other assorted fruit	& other assorted fruit	& other assorted fruit

***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¢.

\*\*\*\*\*

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

**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/>.

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.***