



# Capt Nathan Hale School

# January 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!

## 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!**

[@CoventryAndover SchoolFoodService](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
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Seasoned Noodles</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog Nuggets Baked French Fries</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Fresh Apple &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Quesadilla</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Baked Tater Tots</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Crispy Popcorn Chicken Seasoned Noodles</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Fajita with Mexican Rice</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Strawberry Cups &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheesy Stuffed Pizza Stick with Marinara Sauce</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p><b>Half Day!</b> <b>Bagged Lunch</b> Choice of Chicken Patty or Yogurt Plate Mini Rice Krispie Treat Choice of Fresh Fruit Choice of Milk</p> 
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><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mexican Taco with Seasoned Rice</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Apple &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. General Tso Chicken with Fluffy Rice</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Baked Tater Tots</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>

<p>Monday, January 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni &amp; Cheese</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p>Tuesday, January 25</p> <p><u>Choose one</u></p> <p>BBQ Rib Mashed Potato, Dinner Roll</p> <ol style="list-style-type: none"> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Butternut Squash Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>	<p>Wednesday, January 26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pasta and Meatballs with Marinara Sauce</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p>Thursday, January 27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p>Friday, January 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Baked Tater Tots</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>
<p>Monday, January 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p>Tuesday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Nacho Grande with Tortilla Chips</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>Wednesday, February 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Bread Cheese Pizza</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p>Thursday, February 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Teriyaki Chicken Dippers with Fluffy Rice &amp; Roll</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><b>Pudding!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Apple &amp; other assorted fruit</p>	<p>Friday, February 4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Baked Tater Tots</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>

**Salads are back!** While our salad bars are still closed for safety reasons, we will be making grab-and-go salads available every day!  
Try one today!

## 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!***



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>.

**Questions or comments about your student's lunches? We'd love to hear from you!**  
Call or email the Food Service Office at 860-742-4535 or [bpratt@coventryct.org](mailto:bpratt@coventryct.org).

*This institution is an equal opportunity provider.*

### **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!