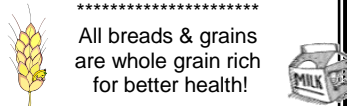


Meal Cost:
 Student Lunch: FREE
 Student Breakfast: FREE
All Meals include fruit & milk

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



Meal Pickup Menu

January 2022

Join us for Breakfast!
 Breakfast is also available for
 free 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. **Menus subject to change. We are an equal opportunity provider.**

Monday, January 3 <u>Choose one</u> 1. Popcorn Chicken Seasoned Noodles Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, January 4 <u>Choose one</u> 1. Cheese Quesadilla Corn Niblets 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, January 5 <u>Choose one</u> French Bread Cheese Pizza Green Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, January 6 <u>Choose one</u> 1. Chicken Patty on a Bun Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, January 7 <u>Choose one</u> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, January 10 <u>Choose one</u> 1. Chicken Nuggets Seasoned Noodles Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, January 11 <u>Choose one</u> 1. Totally Taco MaxSnax Mexican Rice Corn Niblets 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, January 12 <u>Choose one</u> 1. Cheese Quesadilla Seasoned Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, January 13 <u>Choose one</u> 1. Pancakes & Sausage Patty Hash Brown Potato 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, January 14 <u>Choose one</u> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, January 17  School will be closed to celebrate Martin Luther King Day!	Tuesday, January 18 <u>Choose one</u> 1. Totally Taco MaxSnax Mexican Rice Corn Niblets 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, January 19 <u>Choose one</u> 1. Cheesy Stuffed Pizza Stick Seasoned Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, January 20 <u>Choose one</u> 1. French Toast Sticks Sausage Patty Hash Brown Potato 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, January 21 <u>Choose one</u> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, January 24 <u>Choose one</u> 1. Popcorn Chicken Seasoned Noodles Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, January 25 <u>Choose one</u> 1. Corn Dog Nuggets Baked French Fries BBQ Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, January 26 <u>Choose one</u> 1. General Tso Chicken & Rice Asian Mixed Vegetables 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, January 27 <u>Choose one</u> 1. Waffles and Syrup Sausage Patty Hash Brown Potato 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, January 28 <u>Choose one</u> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, January 31 <u>Choose one</u> 1. Chicken Nuggets Macaroni & Cheese Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, February 1 <u>Choose one</u> 1. BBQ Rib Mashed Potato & Roll Butternut Squash 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, February 2 <u>Choose one</u> 1. Pasta & Meatballs with Marinara Sauce Green Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, February 3 <u>Choose one</u> 1. French Toast Sticks Sausage Patty Hash Brown Potato 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, February 4 <u>Choose one</u> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots
Monday, February 7 <u>Choose one</u> 1. Chicken Patty on a Bun Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Tuesday, February 8 <u>Choose one</u> 1. Cheese Quesadilla Corn Niblets 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Wednesday, February 9 <u>Choose one</u> 1. French Bread Cheese Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Thursday, February 10 <u>Choose one</u> 1. Teriyaki Chicken Dippers Fluffy Rice & Roll Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots	Friday, February 11 <u>Choose one</u> 1. Mozzarella Sticks with Dipping Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots