



Coventry High School

Patriot's Cafe

May - June, 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!

Did You Know? Summer meals are free, nutritious meals and snacks that are provided to kids and teens, 18 years of age and younger, throughout the summer when school is out. Meals are made possible through federal nutrition programs, like the National School Lunch Program & Summer Food Service Program. Although Coventry/Andover School Food Service is not eligible to provide meals this summer, there are a lot of locations nearby who can serve summer meals for to children aged 18 and under, free of charge, no matter where you live. Dial 2-1-1 or visit www.ctsummerfood.org and plug in your zip code to find all feeding sites near you.



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, May 2 Stuffed Crust Pizza with Variety of Toppings <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit	Tuesday, May 3 French Toast Sticks Sausage Patties <u>Choose up to 2 vegs & 2 fruit</u> Baked Hash Brown Potato Fresh Baby Carrots Fresh Oranges & other assorted fruit	Wednesday, May 4 Pasta & Meatballs with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	Thursday, May 5 Sloppy Joe on a Bun Macaroni & Cheese <u>Choose up to 2 vegs & 2 fruit</u> Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	Friday, May 6 Mozzarella Sticks with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, May 9 Philly Cheese Steak with Peppers & Onions <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Curly Fries Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Tuesday, May 10 General Tso Chicken with Asian Fried Rice <u>Choose up to 2 vegs & 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Wednesday, May 11 Meatball Parmesan Grinder <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Curly Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit	Thursday, May 12 Nacho Grande with Tortilla Chips <u>Choose up to 2 vegs & 2 fruit</u> Refried Beans or Corn Fresh Baby Carrots Fresh Apples & other assorted fruit	Friday, May 13 Cheese Pizza Bites with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, May 16 Crispy Popcorn Chicken Seasoned Noodles <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit	Tuesday, May 17 Stuffed Waffles & Toppings Baked Ham Steak <u>Choose up to 2 vegs & 2 fruit</u> Baked Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit	Wednesday, May 18 Cheese Pizza Pocket with Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Chick Peas Fresh Baby Carrots Strawberries & other assorted fruit	Thursday, May 19 Buffalo Chicken Dip with Chips <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Fresh Oranges & other assorted fruit	Friday, May 20 Mozzarella Sticks with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit
Monday, May 23 Corn Dog Nuggets Onion Rings <u>Choose up to 2 vegs & 2 fruit</u> BBQ Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	Tuesday, May 24 New Orleans Chicken Asian Fried Rice & Roll <u>Choose up to 2 vegs & 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Wednesday, May 25 White Garlic French Bread Pizza <u>Choose up to 2 vegs & 2 fruit</u> Baked French Fries Fresh Baby Carrots Apple Sauce & other assorted fruit	Thursday, May 26 Chicken Alfredo over Pasta <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Sliced Peaches & other assorted fruit	Friday, May 27 Cheese Pizza Bites with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Fresh Oranges & other assorted fruit

Parents – Log onto 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>.

Visit <https://www.coventrypublicschools.org/district/wellness-committee> to be involved in school wellness!

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.**

Monday, May 30  <i>School will be closed today to celebrate Memorial Day!</i>	Tuesday, May 31 Bacon Cheeseburger Onion Rings <i>Choose up to 2 vegs & 2 fruit</i> Seasoned Broccoli Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Wednesday, June 1 Cheesy Stuffed Pizza Stick Marinara Dipping Sauce <i>Choose up to 2 vegs & 2 fruit</i> Seasoned Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	Thursday, June 2 Orange Chicken with Asian Fried Rice <i>Choose up to 2 vegs & 2 fruit</i> Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit	Friday, June 3 Mozzarella Sticks with Marinara <i>Choose up to 2 vegs & 2 fruit</i> Fresh Garden Salad Fresh Baby Carrots Fresh Apples & other assorted fruit
Monday, June 6 Stuffed Crust Pizza with Variety of Toppings <i>Choose up to 2 vegs & 2 fruit</i> Seasoned Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	Tuesday, June 7 Pizza Bites with Marinara Sauce <i>Choose up to 2 vegs & 2 fruit</i> Choice of Vegetable Fresh Baby Carrots Sliced Peaches & other assorted fruit	Wednesday, June 8 <h3>Exams</h3> <i>Kitchen will be open Until 10:15 AM</i> Lunch will be available at CNHS until 12:00	Thursday, June 9 <h3>Exams</h3> <i>Kitchen will be open Until 10:15 AM</i> Senior BBQ at 12:00 Lunch will be available at CNHS until 12:00	Friday, June 10 <h3>Exams</h3> <i>Kitchen will be open Until 10:15 AM</i> Lunch will be available at CNHS until 12:00

Monday, June 13

Exams

Kitchen will be open Until 10:15 AM

Lunch will be available at CNHS until 12:00

Tuesday, June 14

Make Up Exams

Half Day

CHS Kitchen will be closed

Breakfast available at CNHS until 7:45



Have a Great Summer!

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.

Visit our Snack Rack for Healthy Snacks that meet the CT Healthy Food Guidelines. Just \$1.00 each!

Bottled Water and Switch are available for \$1.25. Fresh Fruit is 50¢.

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

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!

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!