

Meal Cost:  
 Student Lunch: FREE  
 Student Breakfast: FREE

All Meals include fruit & milk



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



# Distance Learner Menu



**Join us for Breakfast! It's FREE!**

**Breakfast is also available for  
 pick up, including:**

Assorted Muffins or Cereal  
 Fruit, Juice and Milk

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

## Note to Parents:

**This menu is for distance learner and weekend meal service.** Meals for distance learners will be distributed once a week on **Wednesdays from 12:30 - 1:00 (Please note new pickup time)** at Capt. Nathan Hale School by drive-through at the front of the 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 every two weeks. All meals (breakfast and lunch) are served free of charge through December 31, or until the USDA funding runs out, after which regular meal service pricing will apply, unless your family has been approved for free/reduced meals. Please reach out with questions to Beth Pratt at 860-742-4535 or bpratt@coventryct.org.

Note to Parents:				Thursday, October 1	Friday, October 2	Saturday, October 3
<p><b>This menu is for distance learner and weekend meal service.</b> Meals for distance learners will be distributed once a week on <b>Wednesdays from 12:30 - 1:00 (Please note new pickup time)</b> at Capt. Nathan Hale School by drive-through at the front of the 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 every two weeks. All meals (breakfast and lunch) are served free of charge through December 31, or until the USDA funding runs out, after which regular meal service pricing will apply, unless your family has been approved for free/reduced meals. Please reach out with questions to Beth Pratt at 860-742-4535 or bpratt@coventryct.org.</p>				<p><u>Choose one</u>            1. Mandarin Orange            Chicken with Fluffy Rice            Asian Mixed Vegetables</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Cucumber Coins</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><i>World Smile Day!</i>  <u>Choose one</u>            1. Chicken Giggles            (Smilie Chicken Nuggets)            ☺ <b>Smilie Fries!</b> ☺</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            ☺ <b>Smilie Fries!</b> ☺</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Chicken Patty            on a Bun            Vegetable Sticks</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Vegetable Sticks</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>
Sunday, October 4	Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9	Saturday, October 10
<p><u>Choose one</u>            1. Cheese Pizza            Slice            Vegetable Sticks</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Vegetable Sticks</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Chicken Nuggets            Macaroni &amp; Cheese            Broccoli</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Raw Broccoli Trees</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Corn Dog Nuggets            Baked French Fries            BBQ Baked Beans</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Cucumber Coins</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Pasta &amp; Meatballs            Marinara Sauce            Green Beans</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Vegetable Sticks</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Waffles &amp; Syrup            Sausage Patty            Baked Tater Tots</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Baked Tater Tots</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Stuffed Crust            Cheese Pizza            Romaine Salad</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Romaine Salad</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Cheese            Quesadilla            Vegetable Sticks</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Vegetable Sticks</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>
Sunday, October 11	Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16	Saturday, October 17
<p><u>Choose one</u>            1. Cheese Pizza            Slice            Vegetable Sticks</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Vegetable Sticks</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Chicken Patty            on a Bun            Baked Beans</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Cucumber Coins</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. BBQ Rib            on a Bun            Corn Niblets</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Baby Carrots</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Mozzarella Sticks            Baked Tater Tots            Vegetable Sticks</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Vegetable Sticks</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Sweet and Sour            Chicken with Fluffy Rice,            Dinner Roll &amp; Broccoli</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Raw Broccoli Trees</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. French Bread            Pizza            Romaine Salad</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Romaine Salad</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>	<p><u>Choose one</u>            1. Chicken Patty            on a Bun            Vegetable Sticks</p> <p>2. Yogurt Plate with            Bagel &amp; String Cheese            Vegetable Sticks</p> <p><b>Fruit &amp; Milk included            in all Meals</b></p>

<b>Sunday, October 18</b> <u>Choose one</u> 1. Cheese Pizza Slice Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Vegetable Sticks <b>Fruit &amp; Milk included in all Meals</b>	<b>Monday, October 19</b> <u>Choose one</u> 1. Crispy Popcorn Chicken Seasoned Noodles Green Beans 2. Yogurt Plate with Bagel & String Cheese Vegetable Sticks <b>Fruit &amp; Milk included in all Meals</b>	<b>Tuesday, October 20</b> <u>Choose one</u> 1. MaxSnax Totally Taco Refried Beans 2. Yogurt Plate with Bagel & String Cheese Cucumber Coins <b>Fruit &amp; Milk included in all Meals</b>	<b>Wednesday, October 21</b> <u>Choose one</u> 1. Cheesy Stuffed Pizza Stick and Sauce Broccoli 2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees <b>Fruit &amp; Milk included in all Meals</b>	<b>Thursday, October 22</b> <u>Choose one</u> 1. Pancakes & Syrup Sausage Patty Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Baked Tater Tots <b>Fruit &amp; Milk included in all Meals</b>	<b>Friday, October 23</b> <u>Choose one</u> 1. Personal Pan Pizza Romaine Salad 2. Yogurt Plate with Bagel & String Cheese Romaine Salad <b>Fruit &amp; Milk included in all Meals</b>	<b>Saturday, October 24</b> <u>Choose one</u> 1. Cheese Quesadilla Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Vegetable Sticks <b>Fruit &amp; Milk included in all Meals</b>
<b>Sunday, October 25</b> <u>Choose one</u> 1. Cheese Pizza Slice Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Vegetable Sticks <b>Fruit &amp; Milk included in all Meals</b>	<b>Monday, October 26</b> <u>Choose one</u> 1. Chicken Tenders Seasoned Noodles Green Beans 2. Yogurt Plate with Bagel & String Cheese Cucumber Coins <b>Fruit &amp; Milk included in all Meals</b>	<b>Tuesday, October 27</b> <u>Choose one</u> 1. Cheese Ravioli with Marinara Sauce Broccoli 2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees <b>Fruit &amp; Milk included in all Meals</b>	<b>Wednesday, October 28</b> <u>Choose one</u> 1. BBQ Teriyaki Chicken with Fluffy Rice & Roll Asian Mixed Vegetables 2. Yogurt Plate with Bagel & String Cheese Vegetable Sticks <b>Fruit &amp; Milk included in all Meals</b>	<b>Thursday, October 29</b> <u>Choose one</u> 1. French Toast Sticks Sausage Patty Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Baked Tater Tots <b>Fruit &amp; Milk included in all Meals</b>	<b>Friday, October 30</b> <u>Choose one</u> 1. Cheese Pizza Pocket with Marinara Sauce Romaine Salad 2. Yogurt Plate with Bagel & String Cheese Romaine Salad <b>Fruit &amp; Milk included in all Meals</b>	<b>Saturday, October 31</b> <u>Choose one</u> 1. Chicken Patty on a Bun Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Vegetable Sticks <b>Fruit &amp; Milk included in all Meals</b>

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 <https://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.**

**Halloween Riddle!**

What is a ghost's favorite dessert?



Answer: Ice Cream!

**Like us on Facebook!**  
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**Follow us on Twitter!**  
[@CoveAndoSchFood](https://twitter.com/CoveAndoSchFood)



**Student Wellness Tips!**

- Embrace nutrition basics. Eating right doesn't have to be complicated. Forget the fad diets and adopt a healthy eating plan, a variety of fruits and vegetables, lean proteins, whole grains, and low-fat dairy.
- Move more. Aim to get at least 150 minutes of moderate activity, such as walking, each week to assist in weight maintenance and overall health.
- Be smoke-free. Make a plan for the challenges you will face and keep trying your best.
- Schedule sleep. Make sleep a priority to enjoy a more focused, energy-filled lifestyle. Aim for 7-9 hours of sleep each night. Create a relaxing bedtime routine and change your electronic device settings to the "night-shift" mode.
- Connect with others, even if it's remotely. Building a community of people who can help you through life's ups and downs is a vital step towards happiness and good health. Invest in relationships that provide encouragement and accountability to both parties.
- Stress Less. Gratitude has been shown to lower stress, which prevents many other physical and mental consequences. Instead of focusing on what your body can't do or how you wish your body looked, try expressing gratitude for where you are now and the opportunity to make improvements.
- Work toward or maintain a healthy weight. Studies show that individuals who track their food intake using an app, such as myfitnesspal, are more apt to maintain a healthy weight.
- Set SMART goals. General goals such as "exercise more" are not effective. A SMART goal is Specific, Measurable, Action-oriented, Realistic, and Timely. "I will walk 20 minutes after school on Tuesdays and Thursdays" is a SMART goal.
- Stay positive. Health goals don't always go as planned. When you face challenges, focus on all of the positive changes you have made, no matter how small they seem. Treat yourself with kindness, like you would a good friend.