



Coventry High School

Patriot's Cafe

February 2023



Meal Prices

Student Lunch	\$3.50
Deluxe Lunch	\$4.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.25
Reduced Price Breakfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

All Meals include a choice of White or Flavored Milk

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

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>White Garlic French Bread Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>2</p> <p>Beef Tacos with Mexican Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>3</p> <p>Half Day</p> <p>Stuffed Crust Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>6</p> <p>Philly Cheese Steak with Peppers & Onions</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>7</p> <p>French Toast Sticks Sausage Patty</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Hash Brown Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>8</p> <p>Cheese Pizza Pocket with Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>9</p> <p>Chicken & Broccoli Alfredo over Pasta</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>10</p> <p>Mozzarella Sticks with Marinara</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>13</p> <p>Sloppy Joe on a Bun Macaroni & Cheese</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>14</p> <p>Happy Valentines Day!</p> <p>General Tso Chicken Asian Fried Rice Red Jello!</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>15</p> <p>Pasta with Meat Sauce Bread Stick</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>16</p> <p>BBQ Pulled Pork Grinder</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Waffle Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>17</p> <p>Cheese Pizza Bites with Marinara</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>20</p> <p>School will be closed today to celebrate Presidents' Day</p>	<p>21</p> <p>School will be closed today for Staff Development</p>	<p>22</p> <p>Personal Pan Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>23</p> <p>Nacho Grande with Tortilla Chips</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>24</p> <p>Mozzarella Sticks with Marinara</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>27</p> <p>Choice of Buffalo or Plain Chicken Patty Sandwich</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Marinated Chick Pea Salad Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>28</p> <p>Mandarin Orange Chicken with Asian Fried Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>1-Mar</p> <p>Corn Dog Nuggets</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked French Fries Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>2-Mar</p> <p>Chicken Nuggets Macaroni and Cheese</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Broccoli Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>3-Mar</p> <p>Cheese Pizza Bites with Marinara</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit</p>

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.

FRESH SALADS AVAILABLE DAILY!

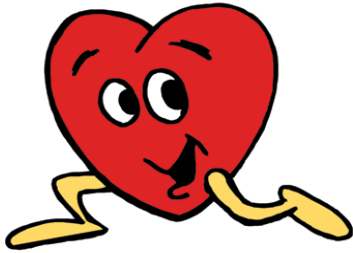
Make a meal with a "Make Your Own" salad plate for \$4.00 for students; \$5.00 for adults. (Free & Reduced Prices apply where applicable.) Price includes your choice of 10 oz of assorted vegetables and protein, with choice of two bread items, fruit and milk.

Want a bigger salad? Add more vegetables and protein for just 25¢ an ounce.



February is Heart Health Month: Tips for All Ages

Healthy Heart



Healthy You

The good news is that heart disease is largely preventable. Devoting a little time every day to care for yourself can go a long way toward protecting your heart health. Studies show that self-care measures, such as moderate exercise, eating healthy foods, getting enough sleep, and keeping doctor's appointments, can help keep blood pressure in a healthy range and reduce the risk of heart disease and stroke. It's never too early to take the steps you need to help promote heart health!

Get moving. Just thirty minutes of physical activity each day can strengthen your cardiovascular health. Even during these colder months, you can still walk or run outdoors if you prepare for the cold by dressing in layers. Indoor workouts using a treadmill, mini trampoline, or stationary bike are another option. Or try an online yoga class to build flexibility, strength, and balance while calming your body and mind.

Eat healthy. Consider switching out less healthy snacks for options like fruits and veggies, and experiment with heart-healthy recipes that are low in sodium and saturated fats. Add variety to your meals by using a fresh herb or spice as a salt substitute.

Rest and recharge. Carve out a little time each day to relieve stress. Read a good book, enjoy a mug of herbal tea, meditate, or take a warm bath. Try to get at least seven hours of sleep each night—quality sleep decreases the work of your heart, as blood pressure and heart rate go down at night. Make your bedroom a calm, restful space, and resist the temptation to stay up late, watching TV or scrolling through social media feeds.

Stay connected. Building in time to connect with others keeps our hearts emotionally healthy. Keeping connections strong helps prevent feeling isolated. Stay in touch with family and friends virtually or in person.

Take ownership of your heart health. Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Take your medications as prescribed and keep your medical appointments. Being aware of your health status is key to making positive change.



Come join us for Breakfast!

Just \$2.25 for Students*!

**free and reduced pricing applies*

- ◆ 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 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!

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!

