



Capt Nathan Hale School

February 2023

Meal Prices	
Student Lunch	\$3.25
Deluxe Lunch	\$4.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.00
Reduced Price Bfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

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!



MONDAY



Like us on Facebook!

[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! @CPS_AES_SchFood

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

6

Choose one

1. Chicken Nuggets
- Seasoned Noodles
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

Baked Beans
Fresh Baby Carrots
Fresh Pear
& other assorted fruit

7

Choose one

1. Corn Dog Nuggets
- Baked French Fries
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Baked French Fries
Fresh Baby Carrots
Fresh Apple
& other assorted fruit

8

Choose one

1. General Tso Chicken with Asian Fried Rice
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*

Choose up to Three

Seasoned Broccoli
Fresh Baby Carrots
Raisins
& other assorted fruit

9

Choose one

1. Pancakes & Syrup
- Sausage Patty
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Hash Brown Potato
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

10

Choose one

1. Mozzarella Sticks
- Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Romaine Salad
Fresh Baby Carrots
Fresh Orange
& other assorted fruit

13

Choose one

1. Crispy Popcorn Chicken
- Seasoned Noodles
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

Baked Beans
Fresh Baby Carrots
Fresh Pear
& other assorted fruit

Happy Valentines Day! 14

Choose one

1. Mexican Beef Taco with Seasoned Rice
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Corn Niblets
Fresh Baby Carrots
Fresh Orange
& other assorted fruit

15

Choose one

1. Cheesy Stuffed Pizza Stick with Marinara Sauce
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*

Choose up to Three

Seasoned Broccoli
Fresh Baby Carrots
Strawberries
& other assorted fruit

16

Choose one

1. French Toast Sticks
- Sausage Patty
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Hash Brown Potato
Fresh Baby Carrots
Raisins
& other assorted fruit

17

Choose one

1. Mozzarella Sticks
- Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Romaine Salad
Fresh Baby Carrots
Fresh Orange
& other assorted fruit

20

School will be closed today to celebrate Presidents' Day

21

School will be closed today for Staff Development

22

Choose one

1. Cheese Calzone with Marinara
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*

Choose up to Three

Seasoned Broccoli
Fresh Baby Carrots
Strawberries
& other assorted fruit

23

Choose one

1. Waffles & Syrup
- Sausage Patty
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Hash Brown Potato
Fresh Baby Carrots
Raisins
& other assorted fruit

24

Choose one

1. Mozzarella Sticks
- Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

Fresh Romaine Salad
Fresh Baby Carrots
Fresh Orange
& 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>.

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

Questions or comments about your student's lunches? Call or email 860-742-4535 or bpratt@coventryct.org.

This institution is an equal opportunity provider.

27	28	1-Mar	2-Mar	3-Mar
<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>
1. Chicken Nuggets Seasoned Noodles	1. Soft Chicken Taco with Mexican Rice	1. Teriyaki Chicken with Asian Fried Rice	1. French Toast Sticks Sausage Patty	1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog	2. Cheeseburger	2. Baked Chicken Tenders	2. Cheeseburger	2. Hot Dog
3. Deluxe Pizza Slice*	3. Deluxe Pizza Slice*	3. Deluxe Pizza Slice*	3. Deluxe Pizza Slice*	3. Deluxe Pizza Slice*
<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>
Seasoned Green Beans	Refried Beans	Seasoned Broccoli	Hash Brown Potato	Fresh Romaine Salad
Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots
Fresh Pear	Fresh Orange	Strawberries	Raisins	Fresh Orange
& other assorted fruit	& other assorted fruit	& other assorted fruit	& other assorted fruit	& other assorted fruit

FRESH SALAD BAR 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.

Come join us for Breakfast!

Just \$2.00 for Students!

**free and reduced pricing applies*

- ◆ 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!

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, 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.

Take ownership of your heart health. Be mindful of your health. Maintain your weight at a healthy range. Take any medications as prescribed and have regular doctor visits. Being aware of your health status is key to making positive change.

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!