



Coventry High School

Patriot's Cafe

November 2023

Meal Prices

Student Lunch	\$3.50
Deluxe Lunch	\$4.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Breakfast	FREE
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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Follow us on Twitter! @CPS_AES_SchFood

		<p>1</p> <p>Beef Tacos with Mexican Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Refried Beans</p> <p>Fresh Baby Carrots</p> <p>Sliced Pears</p> <p>& other assorted fruit</p>	<p>2</p> <p>Pancakes & Syrup</p> <p>Sausage Patty</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Hash Brown</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>3</p> <p>White Garlic French Bread Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad</p> <p>Fresh Baby Carrots</p> <p>Sliced Pears</p> <p>& other assorted fruit</p>
<p>6</p> <p>Popcorn Chicken</p> <p>Seasoned Noodles</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Fresh Pears</p> <p>& other assorted fruit</p>	<p>7</p>  <p>School will be closed today for Election Day</p>	<p>8</p> <p>Early Release</p> <p>Stuffed Crust Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>9</p> <p>Early Release</p> <p>Chicken Patty on a Bun</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>10</p> <p>Early Release</p> <p>Stuffed Crust Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Craisins</p> <p>& other assorted fruit</p>
<p>13</p> <p>Corn Dog Nuggets</p> <p>Sidewinder Potatoes</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Green Beans</p> <p>Fresh Baby Carrots</p> <p>Pineapple Tidbits</p> <p>& other assorted fruit</p>	<p>14</p> <p>Totally Taco</p> <p>Max Snax</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Refried Beans</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>15</p> <p>Meatball Parmesan Grinders</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Carrot Coins</p> <p>Fresh Baby Carrots</p> <p>Strawberries</p> <p>& other assorted fruit</p>	<p>16</p> <p>French Toast Sticks</p> <p>Sausage Patty</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Fresh Oranges</p> <p>& other assorted fruit</p>	<p>17</p> <p>4X6 Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad</p> <p>Fresh Baby Carrots</p> <p>Sliced Pears</p> <p>& other assorted fruit</p>
<p>20</p> <p>Turkey Shaped Nuggets</p> <p>Macaroni and Cheese</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p> 	<p>21</p> <p>Stuffed Waffles with Strawberries and Baked Ham</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Tater Tots</p> <p>Fresh Baby Carrots</p> <p>Pineapple Tidbits</p> <p>& other assorted fruit</p>	<p>22</p> <p>Early Release</p> <p>Stuffed Crust Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>23</p> <p>School will be closed to Celebrate the Thanksgiving Holiday!</p>  <p>Happy Thanksgiving</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>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>28</p> <p>Beef Tacos with Mexican Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets</p> <p>Fresh Baby Carrots</p> <p>Pineapple Tidbits</p> <p>& other assorted fruit</p>	<p>29</p> <p>Philly Cheese Steak Grinder</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Curly Fries</p> <p>Fresh Baby Carrots</p> <p>Sliced Pears</p> <p>& other assorted fruit</p>	<p>30</p> <p>Pancake and Syrup</p> <p>Sausage Patty</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Fresh Oranges</p> <p>& other assorted fruit</p>	<p>Early Release</p> <p>1</p> <p>Stuffed Crust Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& 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>.

Please inform your school nurse if your child has a food allergy.

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.**



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 60¢.

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



FRESH SALADS AVAILABLE DAILY!



Make a meal with a "Make Your Own" salad plate for only \$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! 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 healthy whole grains for better health!

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



November Physical Activity Tip: Are you in need of work out motivation? Well you're in luck because here are 12 fun facts about exercising that are sure to inspire you.

1. **Music improves workout performance** - Listening to music while exercising can improve work out performance by 15%.
2. **Exercising improves brain performance** - Cardiovascular exercise helps create new brain cells. This improves brain power and brain activity.
3. **Working out sharpens your memory** - Exercising increases the production of cells that are responsible for learning and memory.
4. **Running burns calories!** - A 10 minute per mile can burn 104.3 calories.
5. **More muscle mass = burning more fat while resting** - The more muscle mass you have, the more fat your body burns.
6. **Exercise prevents signs of aging** - If you exercise 3 times a week for 45 minutes you can help prevent signs of aging.
7. **A pound of muscle burns 3 times more calories than a pound of fat** - Having more muscle than fat means you can consume more calories.
8. **You get sick less often** - Exercising on a regular basis helps boost your immune system.
9. **Increases productivity** - Exercising increases the endorphins that are released into your body and increases productivity.
10. **Workouts can improve the look of your skin** - Sweat releases dirt through your pores which reduces acne and breakouts. Workouts improve the overall look of your skin.
11. **Exercising boosts self-confidence** - Exercising can help ease your mind and rejuvenate your body. Working out will make you feel great and boost your confidence.
- 12 **Working out helps you sleep better** - Exercise helps to

November Nutrition Tip: Classic Thanksgiving recipes are like old friends – the ultimate comfort food. Family memories are made sharing Grandma's Green Bean Casserole or Aunt Martha's Scalloped Corn, made irresistibly rich with butter, sour cream, crisp bacon and shredded cheese. Of course, keep those dishes on the table, and celebrate them. But to balance them out a bit, make a few changes to the rest of your menu. Other traditional favorites will be just as good or better when they feature less calories and fat.

Scale Down the Stuffing - To lighten up traditional stuffing (and bonus, make it gluten-free), turn to recipes that use brown rice, barley or quinoa instead of bread cubes. If you want to add sausage, use turkey sausage for 1/3 the fat of pork sausage. Substitute chopped carrots, parsnips, apples, leeks or butternut squash for some of the bread cubes for a healthier twist.

Simplify the Sweet Potatoes - Sweet potatoes already have sweet in the name, right? No marshmallows needed. Let that natural sweetness shine and bake the sweet potatoes whole. Yet another bonus – no peeling. Use the red skinned, orange on the inside sweet potatoes, as they bake up especially tender. Split them open and scoop out the cooked potato, and you'll find that they're practically mashed already. Mix well with a little grated ginger and lightly sautéed garlic. Delicious! Butternut squash can be baked and mashed for the same festive color and even fewer calories and carbs.

Naturally Sweeten the Cranberry Sauce - Adding pureed banana, pineapple or chopped apples to your homemade cranberry sauce means you can add much less sugar.

Minimize the Mashed Potatoes - Replace the butter and milk with plain greek yogurt and chicken or vegetable broth when making mashed potatoes.

Pour the Pumpkin - Make crustless dessert by pouring traditional pumpkin filling into small ramekins and baking for fewer calories