



# Capt Nathan Hale School

## December, 2023



### Meal Prices

Student Lunch	\$3.25
Deluxe Lunch	\$4.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Bfast	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 grain rich for better health!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

# Happy Holidays!

Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! [@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)

### Early Release

#### 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

### Pajama Day!

#### Choose one

1. Pancakes & Syrup  
Sausage Patty
2. Hot Dog
3. Deluxe Pizza Slice\*

#### Choose up to Three

- Hash Brown Potato  
Fresh Baby Carrots  
Warm Apple Slices  
& other assorted fruit



**4**

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

**5**

Choose one

1. Soft Chicken Fajita Tacos
2. Cheeseburger
3. Deluxe Pizza Slice\*

Choose up to Three

Refried Beans  
Fresh Baby Carrots  
Fresh Orange  
& other assorted fruit

**6**

Choose one

1. Popcorn Chicken Mashed Potato Bowl & Dinner Roll
2. Hot Dog
3. Deluxe Pizza Slice\*

Choose up to Three

Corn Niblets  
Fresh Baby Carrots  
Fresh Pear  
& other assorted fruit

**7**

Choose one

1. Mozzarella Sticks  
Baked Tater Tots
2. Cheeseburger
3. Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
Fresh Baby Carrots  
Warm Apple Slices  
& other assorted fruit

**11**

Choose one

1. Cheese or White Garlic French Bread Pizza
2. Baked Chicken Tenders
2. Deluxe Pizza Slice

Choose up to Three

Fresh Vegetable Sticks  
Fresh Baby Carrots  
Fresh Pear  
& other assorted fruit

**12**

Choose one

1. Cheese Quesadilla
2. Cheeseburger
3. Deluxe Pizza Slice\*

Choose up to Three

Chili Roasted Butternut Squash  
Fresh Baby Carrots  
Fresh Apple  
& other assorted fruit

**13**

Choose one

1. Chicken Nuggets  
Macaroni and Cheese
2. Hot Dog
3. Deluxe Pizza Slice\*

Choose up to Three

Baked Beans  
Fresh Baby Carrots  
Strawberries  
& other assorted fruit

**14**

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

**15**

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

**18**

Choose one

1. Chicken Patty on a Bun
2. Hot Dog
3. Deluxe Pizza Slice\*

Choose up to Three

Baked Beans  
Fresh Baby Carrots  
Fresh Pear  
& other assorted fruit

**19**

Choose one

1. Holiday Chicken Nuggets  
Macaroni & Cheese
2. Cheeseburger
3. Deluxe Pizza Slice\*

**Pudding!**

Choose up to Three

Seasoned Broccoli  
Fresh Baby Carrots  
Fresh Apple  
& other assorted fruit

**20**

Choose one

1. Pizza Bites with Marinara Sauce
2. Baked Chicken Tenders
3. Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
Fresh Baby Carrots  
Strawberries  
& other assorted fruit

**21**

Choose one

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

Choose up to Three

Hash Brown Potato  
Fresh Baby Carrots  
Warm Apple Slices  
& other assorted fruit

**22**

**Early Release**

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



## Winter Vacation December 23 - January 1





### **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! It's FREE for Students!**

- ◆ Fresh Made Bacon & Egg Sandwich ◆ Assorted Muffins & Pastries
- ◆ Assorted Cereal ◆ Cinnamon Buns ◆ Breakfast Bars

*All choices come with Fruit, Juice and Milk* ***Don't skip the Most Important Meal of the Day!***



#### **December Nutrition Tip: Keep your Holidays Healthy!**

1. *Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!*
2. *Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!*
3. *Don't forget to fill up on fruit and veggies! At least 5 servings per day!*
4. *Try this Fall Harvest Pumpkin Yogurt Dip recipe!*

#### **Ingredients**

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

#### **Method**

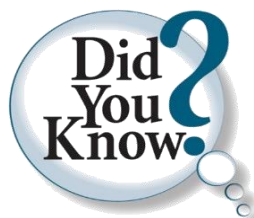
1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat, 1 g sat. fat, 5 g carb

#### **December Physical Activity Tip: Benefits!**

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Sleep well at night.
- Move around more easily.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!



- unless food is mixed with saliva you can't taste it?
- lemons contain more sugar than strawberries?
- rabbits like licorice?
- reindeer like bananas?
- Switzerland eats the most chocolate equating to 10 kilos per person per year?
- macadamia nuts are toxic to dogs?
- honey is the only natural food which never spoils?
- the fortune cookie was invented in San Francisco?
- the croissant was invented in Austria?
- popcorn was invented by the Aztec Indians?
- french fries are originally from Belgium?
- apples are more effective at waking you up in the morning than coffee?
- a hard-boiled eggs spin (uncooked or soft boiled don't)?
- there is no butter in buttermilk?
- almonds are members of the peach family?
- an egg contains every vitamin except vitamin C?
- Americans eat 35,000 tons of pasta a year?
- the oldest known vegetable is the pea?
- carrots contain 0% fat?
- that in developed countries 27% of food is thrown away?
- a banana contains 75% water?
- cucumbers are 96% water?
- bananas grow pointing upwards?



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 **<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](mailto:bpratt@coventryct.org).**

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