



Coventry High School

Patriot's Cafe

December 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

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)

<p>4</p> <p>Bacon Cheeseburger on a Bun</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Strawberries</p> <p>& other assorted fruit</p>	<p>5</p> <p>Nacho Grande with Tortilla Chips</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>6</p> <p>Chicken & Broccoli Alfredo</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>7</p> <p>Sweet and Sour Chicken</p> <p>Asian Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Asian Mixed Vegetables</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>Early Release 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>
<p>11</p> <p>Corn Dog Nuggets</p> <p>Sidewinder Fries</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Fresh Oranges</p> <p>& other assorted fruit</p>	<p>12</p> <p>Totally Taco MaxSnax</p> <p>Mexican Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Refried Beans</p> <p>Fresh Baby Carrots</p> <p>Pineapple Tidbits</p> <p>& other assorted fruit</p>	<p>13</p> <p>Pasta & Meatballs with Marinara Sauce</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>White Garlic French Bread Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Curly Fries</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>15</p> <p>Cheese Stuffed Bread Sticks with Marinara</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>
<p>18</p> <p>Holiday 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>19</p> <p>Mozzarella Sticks with Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>20</p> <p>Pulled Pork Grinder</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Green Beans</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>21</p> <p>General Tso Chicken</p> <p>Asian Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Asian Mixed Vegetables</p> <p>Fresh Baby Carrots</p> <p>Fresh Oranges</p> <p>& other assorted fruit</p>	<p>Early Release 22</p> <p>Stuffed Crust Pizza</p> <p>Variety of Toppings</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>



Winter Vacation

December 23 - January 1



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!**



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 Pumpin 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

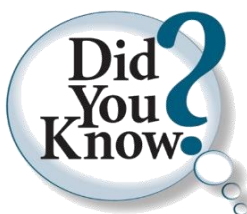
Method

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.
- Decrease your chances of becoming depressed.
- 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?

