



Capt Nathan Hale School

January, 2024



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	



Find these symbols on this menu to check out our newest, scratch made recipes!



MONDAY



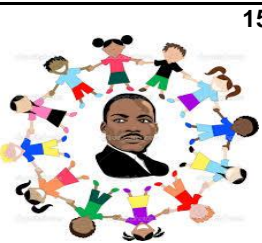
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>8</div> <div><u>Choose one</u> 1. Cheese Calzone with Marinara 2. Baked Chicken Tenders 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</div>	<div>2</div> <div><u>Choose one</u> 1. Cheese Quesadilla 2. Cheeseburger 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Fresh Apple & other assorted fruit</div>	<div>3</div> <div><u>Choose one</u> 1. French Bread Pizza 2. Baked Chicken Tenders 2. Deluxe Pizza Slice</div> <div><u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Fresh Pear & other assorted fruit</div>	<div>4</div> <div><u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit</div>	<div>5</div> <div><u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</div>
	<div>9</div> <div><u>Choose one</u> 1. Soft Chicken Taco 2. Cheeseburger 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Fresh Orange & other assorted fruit</div>	<div>10</div> <div><u>Choose one</u> 1. Popcorn Chicken Mashed Potato Bowl & Dinner Roll 2. Hot Dog 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Pear & other assorted fruit</div>	<div>11</div> <div><u>Choose one</u> 1. Pancakes & Syrup Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Warm Apple Slices & other assorted fruit</div>	<div>12</div> <div><u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Warm Apple Slices & other assorted fruit</div>
	<div>16</div> <div><u>Choose one</u> 1. Corn Dog Nuggets 2. Cheeseburger 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Baked Onion Rings Fresh Baby Carrots Fresh Apple & other assorted fruit</div>	<div>17</div> <div>New! <u>Choose one</u> 1. Sweet & Sour Chicken and Rice Bowl 2. Baked Chicken Tenders 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</div>	<div>18</div> <div><u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit</div>	<div>19</div> <div><u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</div>
<div>22</div> <div><u>Choose one</u> 1. Pizza Bites with Marinara Sauce 2. Hot Dog 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</div>	<div>23</div> <div>New! <u>Choose one</u> 1. Chicken Tortilla Bake 2. Cheeseburger 3. Deluxe Pizza Slice* Pudding!</div> <div><u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Fresh Apple & other assorted fruit</div>	<div>24</div> <div><u>Choose one</u> 1. Chicken Nuggets Seasoned Noodles 2. Baked Chicken Tenders 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Strawberries & other assorted fruit</div>	<div>25</div> <div><u>Choose one</u> 1. Waffles & Syrup Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Warm Apple Slices & other assorted fruit</div>	<div>26</div> <div><u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice*</div> <div><u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</div>



School will be closed today to celebrate Martin Luther King Day!

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

<p>29</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear & other assorted fruit</p>	<p>30</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mexican Beef Taco 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Apple & other assorted fruit</p>	<p>31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. General Tso Chicken Asian Rice 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Syrup Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Early Release 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit</p>
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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!**



Obscure January Holidays!

Polar Bear Plunge Day (1st)- a day when crazy people jump into frigid cold water just so they can say they did.

J.R.R Tolkien Day (3rd) – celebrate the brilliant author behind the Lord of the Rings.

Earth's Rotation Day (8th)- because, you know, it's pretty important to have a planet that rotates.



National Static Electricity Day (9th) – for all of you who love rubbing balloons against your head and sticking them to things!



Dress Up Your Pet Day (14th)- because dogs and cats LOVE costumes!



Appreciate a Dragon Day (16th)- Personally, I think we should appreciate dragons every day!

Thesaurus Day (18th)- A brilliant holiday for word lovers! A radiant festival for logophiles! (If you see what I did there, this holiday is for you)

Answer Your Cat's Questions Day (22nd) – I don't even know where to begin.



Rubber Ducky Day (28th)- Rubber Ducky, you're the one!

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Follow us on Twitter! [@CPS_AES_SchFood](#)

January Health Tip: Get your ZZZZZZZ's!

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.

