

# Coventry High School Patriot's Cafe





### Meal Prices

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

\$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

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



Totally Taco Max Snax

Choose up to 2 vegs & 2 fruit Refried Beans

Fresh Baby Carrots Sliced Pears

& other assorted fruit

## WEDNESDAY

## Chicken & Broccoli

Alfredo Choose up to 2 vegs & 2 fruit

Seasoned Broccoli Fresh Baby Carrots Pineapple Tidbits

& other assorted fruit

10

17

24

# French Toast Sticks

THURSDAY

Sausage Patty Choose up to 2 vegs & 2 fruit

Baked Hash Brown Fresh Baby Carrots

Sliced Peaches & other assorted fruit Cheese Pizza Bites with Marinara

FRIDAY

Choose up to 2 vegs & 2 fruit Fresh Garden Salad Fresh Baby Carrots

Fresh Apples & other assorted fruit

Chicken Nuggets Seasoned Noodles

Choose up to 2 vegs & 2 fruit Marinated Chick Peas Fresh Baby Carrots Pineapple Tidbits & other assorted fruit

Chicken Wings Bar Garlic Texas Toast

Choose up to 2 vegs & 2 fruit Carrots & Celery Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit

Philly Cheese Steak Grinder Peppers and Onions

Choose up to 2 vegs & 2 fruit Seasoned Curly Fries Fresh Baby Carrots Pineapple Tidbits

& other assorted fruit

Sweet and Sour Chicken Asian Rice

Choose up to 2 vegs & 2 fruit Asian Mixed Vegetables Fresh Baby Carrots Fresh Apples & other assorted fruit

White Garlic French Bread Pizza

12

19

26

Choose up to 2 vegs & 2 fruit Baked Hash Brown Fresh Baby Carrots Sliced Pears & other assorted fruit



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

16

23

30

Kitchen will be open Until 10:15 AM Lunch will be available at CNHS until 12:00

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18

25

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Choice of Buffalo or Plain Chicken Patty Sandwich

Choose up to 2 vegs & 2 fruit **Baked Beans** Fresh Baby Carrots Fresh Oranges & other assorted fruit

Nacho Grande with Tortilla Chips Choose up to 2 vegs & 2 fruit

Corn Niblets Fresh Baby Carrots Fresh Apples & other assorted fruit

Honey Garlic Chicken Stir Fry with Asian Rice

Choose up to 2 vegs & 2 fruit Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit

Waffles and Syrup Sausage Patty

Choose up to 2 vegs & 2 fruit Baked Hash Brown Fresh Baby Carrots Fresh Oranges & other assorted fruit

4X6 Pizza Slice Variety of Toppings

Choose up to 2 vegs & 2 fruit Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit

29 Bacon Cheeseburger

22

Onion Rings Choose up to 2 vegs & 2 fruit Seasoned Green Beans Fresh Baby Carrots Fresh Apples

& other assorted fruit

Buffalo Chicken Dip Tortilla Chips

Choose up to 2 vegs & 2 fruit Fresh Veggie Sticks Fresh Baby Carrots Sliced Peaches

& other assorted fruit

31 Meatball Parmesan

Choose up to 2 vegs & 2 fruit Seasoned Curly Fries Fresh Baby Carrots Sliced Peaches

& other assorted fruit

Grinders

General Tso Chicken Asian Rice

Choose up to 2 vegs & 2 fruit Oriental Vegetables Fresh Baby Carrots Fresh Apples & other assorted fruit

**Early Release** Stuffed Crust

Choose up to 2 vegs & 2 fruit Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit

Cheese Pizza

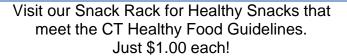
Parents – Log onto www.myschoolaccount.com to view your student's lunch balance and make payments. For more information about your school lunch program, visit http://www.coventrypublicschools.org/district/food-services. Please inform your school nurse if your child has a food allergy.

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.



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!



**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!

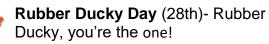


Dress Up Your Pet Day (14th)because dogs and cats LOVE costumes!

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.



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.

