



Coventry High School

Patriot's Cafe

January 2024



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	



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



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8

Chicken Nuggets
Seasoned Noodles

Choose up to 2 vegs & 2 fruit

Marinated Chick Peas
Fresh Baby Carrots
Pineapple Tidbits
& other assorted fruit

9

New! Chicken Wings Bar
Garlic Texas Toast

Choose up to 2 vegs & 2 fruit

Refried Beans
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

10

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

11

Sweet and Sour Chicken
Asian Rice

Choose up to 2 vegs & 2 fruit

Asian Mixed Vegetables
Fresh Baby Carrots
Fresh Apples
& other assorted fruit

12

White Garlic French
Bread Pizza

Choose up to 2 vegs & 2 fruit

Baked Hash Brown
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

15

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

16

Exams

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

17

Exams

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

18

Exams

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

19

Exams

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

22

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

23

Nacho Grande with
Tortilla Chips

Choose up to 2 vegs & 2 fruit

Corn Niblets
Fresh Baby Carrots
Fresh Apples
& other assorted fruit

24

New! 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

25

Waffles and Syrup
Sausage Patty

Choose up to 2 vegs & 2 fruit

Baked Hash Brown
Fresh Baby Carrots
Fresh Oranges
& other assorted fruit

26

4X6 Pizza Slice
Variety of Toppings

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

29

Bacon Cheeseburger
Onion Rings

Choose up to 2 vegs & 2 fruit

Seasoned Green Beans
Fresh Baby Carrots
Fresh Apples
& other assorted fruit

30

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
Grinders

Choose up to 2 vegs & 2 fruit

Seasoned Curly Fries
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

1

General Tso Chicken
Asian Rice

Choose up to 2 vegs & 2 fruit

Oriental Vegetables
Fresh Baby Carrots
Fresh Apples
& other assorted fruit

2

Early Release
Stuffed Crust
Cheese Pizza

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

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!



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!

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.



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