



# Capt Nathan Hale School

## February, 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

**MONDAY**



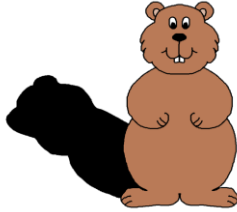
Like us on Facebook! @CoventryAndoverSchoolFoodService

Follow us on Twitter! @CPS\_AES\_SchFood



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

**TUESDAY**



**WEDNESDAY**



**THURSDAY**



**FRIDAY**

<b>5</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Bread Pizza</li> <li>Baked Chicken Tenders</li> <li>Deluxe Pizza Slice</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>

<b>6</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Quesadilla</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Mashed Seasoned Butternut Fresh Baby Carrots Fresh Apple &amp; other assorted fruit</p>

<b>7</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Crispy Popcorn Chicken Seasoned Noodles</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>

<b>1</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pancakes &amp; Syrup Sausage Patty</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>

<b>2</b>
<p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>


<b>12</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Calzone with Marinara</li> <li>Baked Chicken Tenders</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>

<b>13</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Soft Chicken Taco</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>

<b>14</b>
<p><b>Valentines Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Heart Shaped Chicken Nuggets Macaroni and Cheese</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><b>Red Jello!</b></p> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>

<b>8</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks Sausage Patty</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>

<b>9</b>
<p><b>Chinese New Year</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>General Tso Chicken Asian Fried Rice</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><b>Fortune Cookie!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Mandarin Orange Slices &amp; other assorted fruit</p>

<b>19</b>
 <p><b>School will be closed today to celebrate Presidents' Day</b></p>

<b>20</b>
 <p><b>School will be closed today for Staff Development</b></p>

<b>21</b>
<p><b>New!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Sweet &amp; Sour Chicken and Rice Bowl</li> <li>Baked Chicken Tenders</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>



<b>15</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pancakes &amp; Syrup Sausage Patty</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Warm Apple Slices &amp; other assorted fruit</p>

<b>16</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Warm Apple Slices &amp; other assorted fruit</p>

<b>22</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks Sausage Patty</li> <li>Cheeseburger</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins &amp; other assorted fruit</p>

<b>23</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks Baked Tater Tots</li> <li>Hot Dog</li> <li>Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>

**Substitute Kitchen Help needed!** The Coventry/Andover School Food Service is now hiring substitute kitchen workers. Help contribute to the students' educational day by feeding them satisfying, healthy meals. This rewarding and convenient position is great for parents or grandparents of school-aged children. The hours are generally 10 am to 1:30 pm with some variation per school. If you are interested or would like more information, please call Beth Pratt, Director of School Food Services, at 860-742-4535 between 6:00 a.m. and 2:00 pm, Monday through Friday. To apply, go to <https://www.applitrack.com/coventry/onlineapp/>. **Come Join Our Amazing Team!**

<b>26</b>	<b>27</b>	<b>28</b>	<b>Leap Year!</b> <b>29</b>	<b>1</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear &amp; other assorted fruit</p>	<p><i>New!</i> <u>Choose one</u> </p> <ol style="list-style-type: none"> <li>1. Chicken Tortilla Bake</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><b>Pudding!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Apple &amp; other assorted fruit</p>	<p><i>New!</i> <u>Choose one</u> </p> <ol style="list-style-type: none"> <li>1. Bean and Beef Chili Cheese Fries &amp; Corn Bread</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><b>Jello with gummy frog!</b></p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Warm Apple Slices &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Baked Tater Tots</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>

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

**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!**

**February Nutrition tip:** Eat the rainbow! Eating a variety of fruits and vegetables of different colors will provide you with necessary nutrients and keep you healthy.

- **Red-** Good for your heart and blood health. Foods like cherries, tomatoes, and red peppers!
- **Orange-** Prevent and reduce the risk of cancer. Foods like pumpkin, carrots, and mangoes!
- **Yellow-** Good for your skin, heart, and eyes. Helps prevent you from getting sick. Foods like bananas, summer squash, pineapple, and corn!
- **Green-** Good for your bones and helps Good for your bones and helps your body fight sickness. Foods like broccoli, kiwi, cucumber, and spinach!
- **Blue-** Improves memory and brain function. Food like blueberries and blackberries!
- **Purple-** Helps fight inflammation in your body. Foods like grapes, figs, onions, and eggplant!

**Rainbow Roasted Vegetables**

Ingredients:

- 2 red bell peppers
- 4 carrots
- 2 yellow squashes
- 1 pound broccoli
- 1 red onion
- ½ tsp kosher salt
- ¼ tsp black pepper
- 3 tbsp olive oil

Method:

- Preheat oven to 400 degrees.
- Cut vegetables into bite sized pieces.
- Toss vegetables in oil, salt, and pepper.
- Arrange in a single layer on a cookie sheet.
- Cook for 20-25 minutes until for tender.
- Enjoy!

