



# Coventry High School

## Patriot's Cafe

### February 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**

Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)  
Follow us on Twitter! [@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)



			<p>General Tso Chicken Asian Rice</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p><b>Early Release</b></p> <p>Stuffed Crust Cheese Pizza</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>
<p>5</p> <p>Corn Dog Nuggets Sidewinder Fries</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Marinated Chick Peas Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p><b>New!</b></p> <p>6</p> <p>Chicken Wings Bar Garlic Texas Toast</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Carrots &amp; Celery Sticks Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>7</p> <p>Chicken &amp; Broccoli Alfredo</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Broccoli Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p>8</p> <p>French Toast Sticks Sausage Patty</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Baked Hash Brown Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p><b>Chinese New Year</b></p> <p>Mandarin Orange Chicken Asian Fried Rice <b>Fortune Cookie!</b></p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Mandarin Orange Slices &amp; other assorted fruit</p>
<p>12</p> <p>Deluxe Bacon Cheeseburger</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Curly Fries Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p>13</p> <p>Totally Taco Max Snax</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Refried Beans Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>	<p><b>Valentines Day!</b></p> <p>14</p> <p>Heart Shaped Chicken Nuggets Macaroni and Cheese <b>Red Jello!</b></p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Broccoli Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p>15</p> <p>Sweet and Sour Chicken Asian Rice</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p>16</p> <p>Cheese Pizza Bites with Marinara</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>
<p>19</p>  <p><b>School will be closed today to celebrate Presidents' Day</b></p>	<p>20</p>  <p><b>School will be closed today for Staff Development</b></p>	<p>21</p> <p>Pasta and Meatballs with Marinara Sauce</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p>22</p> <p>Pancakes &amp; Syrup Sausage Patties</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Hash Brown Potato Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>23</p> <p>Pepperoni Calzone</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Seasoned Green Beans Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>
<p>26</p> <p>Popcorn Chicken Seasoned Noodles</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Sweet Mashed Butternut Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p>27</p> <p>Mozzarella Sticks with Marinara Sauce</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p>28</p> <p>Pulled Pork Grinder Curly Fries</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Baked Beans Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p><b>Leap Year Day!</b></p> <p>29</p> <p>Waffles and Syrup Sausage Patty</p> <p><b>Jello with gummy frog!</b></p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Baked Hash Brown Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p>1</p> <p>4X6 Pizza Slice Variety of Toppings</p> <p><i>Choose up to 2 vegs &amp; 2 fruit</i></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears &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!**



**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¢.

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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!**



**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!



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>.

**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.**