



Capt Nathan Hale School

March 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



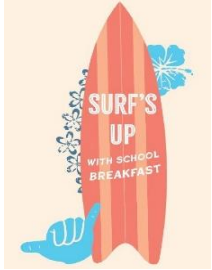
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Celebrate National School Breakfast Week!

March 4 - 8, 2024

Students will receive a raffle entry for Amazon Gift Cards for every breakfast purchased this week.

Drawings will be held March 12, 2024



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



1	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog 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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4	<p><u>Choose one</u></p> <ol style="list-style-type: none"> French Bread Pizza Baked Chicken Tenders Deluxe Pizza Slice <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Pear & other assorted fruit</p>
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5	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Corn Dog Nuggets Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Fresh Apple & other assorted fruit</p>
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6	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Popcorn Chicken Seasoned Noodles Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pear & other assorted fruit</p>
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7	<p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Patty Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit</p>
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8	<p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog 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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11	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese or Pepperoni Calzone with Marinara Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</p>
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12	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Soft Chicken Taco Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Fresh Orange & other assorted fruit</p>
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13	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Macaroni and Cheese Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Fresh Pear & other assorted fruit</p>
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14	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Patty Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Warm Apple Slices & other assorted fruit</p>
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15	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Warm Apple Slices & other assorted fruit</p>
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18	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Shamrock Shaped Nuggets Macaroni and Cheese Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Strawberries & other assorted fruit</p>
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19	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Nacho Grande with Tortilla Chips Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Apple & other assorted fruit</p>
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20	<p><i>New!</i> <u>Choose one</u></p> <ol style="list-style-type: none"> Sweet & Sour Chicken and Rice Bowl Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</p>
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21	<p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Patty Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit</p>
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22	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog 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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Follow us on Twitter! [@CPS_AES_SchFood](https://twitter.com/CPS_AES_SchFood)



25

Choose one

1. Chicken Patty on a Bun
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

Baked Beans
Fresh Baby Carrots
Fresh Pear
& other assorted fruit

26

New!Choose one

1. Chicken Tortilla Bake
 2. Cheeseburger
 3. Deluxe Pizza Slice*
- Pudding!**

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Fresh Apple
& other assorted fruit

27

New!Choose one

1. Bean and Beef Chili
Cheese Fries & Corn Bread
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*

Choose up to Three

Seasoned Broccoli
Fresh Baby Carrots
Strawberries
& other assorted fruit

28

Choose one

1. Waffles & Syrup
Sausage Patty
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

Hash Brown Potato
Fresh Baby Carrots
Warm Apple Slices
& other assorted fruit

29



School will be closed today to celebrate Good Friday!

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.

**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!**



Physical Activity Tip: Kids and teens aged 6-17 need 60 minutes of physical activity every day! Here are some ways to get physically active throughout the day:

- Walk your dog in the morning.
- Do some pushups at home.
- Take the stairs when you can.
- Play a sport with friends afterschool.
- Take a walk with your family after dinner.



DID YOU KNOW?

- Applesauce was the first food eaten in space.
- Pistachios are fruits.
- Cucumbers are 95% water.
- French fries were invented in Belgium, not France.
- The average American eats about 50 hot dogs per year.
- There are over 600 different types of pasta shapes produced worldwide.
- Ben & Jerry's is the leading ice cream brand in the United States.
- Rows of corn are always an even number.
- Avocados are fruits.
- There are more than 10,000 difference varieties of tomatoes.
- A spoonful of sugar can cure your hiccups.
- One cluster of bananas is called a hand.

**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!

