



Coventry High School

Patriot's Cafe

March 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

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!



<p>4</p> <p>Chicken Tenders Seasoned Noodles</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>5</p> <p>Corn Dog Nuggets Sidewinder Potatoes</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>6</p> <p>Sloppy Joe on a Bun</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Curly Fries Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>7</p> <p>Mandarin Orange Chicken Asian Fried Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>1</p> <p>4X6 Pizza Slice Variety of Toppings</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>11</p> <p>Choice of Buffalo or Plain Chicken Patty Sandwich</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>12</p> <p>Philly Cheese Steak Grinder with Peppers & Onions</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Curly Fries Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>13</p> <p>Buffalo Chicken Dip Tortilla Chips</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Veggie Sticks Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>14</p> <p>French Toast Sticks Sausage Patty</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>15</p> <p>White Garlic French Bread Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit</p>
<p>18</p> <p>Shamrock Shaped Nuggets Macaroni and Cheese</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>19</p> <p>Nacho Grande with Tortilla Chips</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>20</p> <p>Pasta and Meatballs with Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>21</p> <p><i>New!</i> Sweet Thai Boness Wings Rice Bowl</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>22</p> <p>Cheesy Stuffed Pizza Stick with Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Apples & other assorted fruit</p>
<p>25</p> <p>Popcorn Chicken Seasoned Noodles</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Chick Peas Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>26</p> <p>Chicken or Cheese Quesadilla</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Refried Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>27</p> <p>Mexican Been Tacos Mexican Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>28</p> <p>Sweet and Sour Chicken Asian Fried Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>29</p>  <p>School will be closed today to celebrate Good Friday!</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¢.

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!



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.



Like us on Facebook! [@CoventryAndoverSchoolFoodService](#)
Follow us on Twitter! [@CPS_AES_SchFood](#)

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.**