



Capt Nathan Hale School

April

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



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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| April Fools Day! 1 <u>Choose one</u> 1. Emoji Shaped Nuggets Macaroni and Cheese 2. Hot Dog 2. Deluxe Pizza Slice <u>Choose up to Three</u> Emoji Fries Fresh Baby Carrots Fresh Pear & other assorted fruit | 2 <u>Choose one</u> 1. Corn Dog Nuggets 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Fresh Apple & other assorted fruit | 3 <u>Choose one</u> 1. General Tso Chicken Asian Rice 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Fresh Pear & other assorted fruit | 4 <u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit | 5 <u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit |
| 8 <u>Choose one</u> 1. Cheese or Pepperoni Calzone with Marinara 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit | 9 <u>Choose one</u> 1. Soft Chicken Taco 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Fresh Orange & other assorted fruit | 10 <u>Choose one</u> 1. Chicken Nuggets Macaroni and Cheese 2. Hot Dog 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Fresh Pear & other assorted fruit | 11 <u>Choose one</u> 1. Pancakes & Syrup Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Warm Apple Slices & other assorted fruit | 12 <u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Sliced Peaches & other assorted fruit |

Spring Break April 15 - 19, 2024

| | | | | |
|---|--|---|---|---|
| 22 <u>Choose one</u> 1. Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Strawberries & other assorted fruit | 23 <u>Choose one</u> 1. Nacho Grande with Tortilla Chips 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Apple & other assorted fruit | 24 <u>Choose one</u> 1. Tangerine Chicken Asian Rice 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit | 25 <u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Raisins & other assorted fruit | 26 <u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit |
| 29 <u>Choose one</u> 1. Chicken Patty on a Bun 2. Hot Dog 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Fresh Pear & other assorted fruit | 30 <u>Choose one</u> 1. Mexican Beef Taco 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Apple & other assorted fruit | 1 <i>New!</i> <u>Choose one</u> 1. Bean and Beef Chili Cheese Fries & Corn Bread 2. Baked Chicken Tenders 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit | 2 <u>Choose one</u> 1. Waffles & Syrup Sausage Patty 2. Cheeseburger 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Warm Apple Slices & other assorted fruit | 3 <u>Choose one</u> 1. Mozzarella Sticks Baked Tater Tots 2. Hot Dog 3. Deluxe Pizza Slice* <u>Choose up to Three</u> Fresh Romaine Salad Fresh Baby Carrots Fresh Orange & other assorted fruit |





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!**

Save money and time by buying school lunch!

Here's a breakdown of what a typical lunch brought from home may cost VS. the cost of school lunch at Coventry Public Schools! (Prices are based on average retail costs of lunch ingredients. Some parents may choose to buy more or less expensive items.)

Turkey sandwich

2 slices of whole wheat bread (at \$4.35 per loaf) = \$0.22

2 oz. sliced turkey breast (at \$10.72 per pound) = \$1.34

1 oz. American cheese (at \$5.99 per pound) = \$0.37

Snack

1.5 oz Cheez It (at \$0.53 per oz) = \$0.79

Veggies

½ cup of baby carrots (at \$1.34 per pound) = \$0.33

1 oz Ranch dressing (at \$0.24 per oz) = \$0.24

Fruit

1 medium banana = \$0.22

Drink

Juice box (at \$3.19 for a box of 10) = \$0.31

Total= \$3.82



Other factors to consider... lunchbox costs, plastic baggies for snacks, and most importantly the **TIME** it takes to pack a lunch!!

What does lunch cost at Coventry Public Schools?

GHR, CGS, AES: \$3.00

CNH: \$3.25

CHS: \$3.50

Don't forget that breakfast is FREE for all students!

Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! [@CPS_AES_SchFood](https://twitter.com/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>.

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.