



# Coventry High School

## Patriot's Cafe

### April 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
<b>April Fools Day!</b> 1 Emoji Shaped Nuggets Seasoned Noodles <u>Choose up to 2 vegs &amp; 2 fruit</u> Emoji Fries Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Corn Dog Nuggets Sidewinder Potatoes <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	Chicken and Broccoli Alfredo <u>Choose up to 2 vegs &amp; 2 fruit</u> Broccoli Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	General Tso Chicken Asian Fried Rice <u>Choose up to 2 vegs &amp; 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Sliced Peaches & other assorted fruit	4X6 Pizza Variety of Toppings <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Mandarin Orange Slices & other assorted fruit
Deluxe Bacon Cheeseburger Onion Rings <u>Choose up to 2 vegs &amp; 2 fruit</u> Carrot Coins Fresh Baby Carrots Fresh Oranges & other assorted fruit	Totally Taco Max Snax <u>Choose up to 2 vegs &amp; 2 fruit</u> Refried Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	Philly Cheese Steak Grinder <u>Choose up to 2 vegs &amp; 2 fruit</u> Curly Fries Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	French Toast Sticks Sausage Patty <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Hash Brown Potato Fresh Baby Carrots Fresh Apples & other assorted fruit	Cheese Calzone with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Sliced Pears & other assorted fruit

## Spring Break April 15 - 19, 2024

Beef Tot-Chos! Tater Tots topped with Mexican Taco Meat & Cheese <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	Chicken Wing Bar Assorted Flavors Garlic Breadstick <u>Choose up to 2 vegs &amp; 2 fruit</u> Celery and Carrot Sticks Fresh Baby Carrots Sliced Pears & other assorted fruit	Pulled Pork Grinder Curly Fries <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Strawberries & other assorted fruit	Pancakes and Syrup Sausage Patty <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Hash Brown Potato Fresh Baby Carrots Sliced Peaches & other assorted fruit	Pizza Bites with Marinara Sauce <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Fresh Apples & other assorted fruit
Popcorn Chicken Seasoned Noodles <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit	Mozzarella Sticks with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Tater Tots Fresh Baby Carrots Fresh Apples & other assorted fruit	Meatball Grinder <u>Choose up to 2 vegs &amp; 2 fruit</u> Curly Fries Fresh Baby Carrots Strawberries & other assorted fruit	Mandarin Orange Chicken Asian Fried Rice <u>Choose up to 2 vegs &amp; 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Fresh Oranges & other assorted fruit	White Garlic French Bread Pizza <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Fresh Apples & other assorted fruit

#### 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!**



### 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!**

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*Follow us on Twitter!* [@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)



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.**