



Coventry High School

Patriot's Cafe

November 2024



Meal Prices

Student Lunch	\$3.50
Deluxe Lunch	\$4.25
Reduced Price Lunch	FREE
Student Breakfast	\$2.50
Reduced Price Breakfast	FREE
Milk only	\$0.75
Adult Lunch	\$5.00
Adult Breakfast	\$2.75

All Meals include a choice of White or Flavored Milk

All breads & grains are whole grain rich for better health!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Hard Shell Mexican Tacos Mexican Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choices</p>	<p>5</p>  <p>School will be closed for Election Day</p>	<p>6</p> <p><i>Early Release</i> Chicken Patty on a Bun</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>	<p>7</p> <p><i>Early Release</i> MaxSnak Tacos</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>	<p>8</p> <p><i>Early Release</i> Stuffed Crust Cheese Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>
<p>11</p> <p>Popcorn Chicken & Dips Seasoned Noodles</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Marinated Chick Peas Fresh Baby Carrots Assorted Fruit Choices</p>	<p>12</p> <p>Philly Cheese Steak with Peppers & Onions</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Curly Fries Fresh Baby Carrots Assorted Fruit Choices</p>	<p>13</p> <p>Freshly Baked Corn Dog Nuggets</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Curly Fries Fresh Baby Carrots Assorted Fruit Choices</p>	<p>14</p> <p>General Tso Chicken with Asian Fried Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>15</p> <p>Cheese Pizza Bites with Marinara</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices</p>
<p>18</p> <p>Chicken Patty Sandwich Variety</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>19</p> <p>Beef Enchiladas Seasoned Rice</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choices</p>	<p>20</p> <p>Pasta with Meatballs Meat Sauce or Marinara Sauce</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>21</p> <p>Hot Meatball Grinder with Marinara and Mozzarella</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Baked French Fries Fresh Baby Carrots Assorted Fruit Choices</p>	<p>22</p> <p>Freshly Baked Pizza Square with a Variety of Toppings</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices</p>
<p>25</p> <p>Chicken Parm over Pasta</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>26</p> <p>MaxSnak Tacos</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Spicy Waffle Fries Fresh Baby Carrots Assorted Fruit Choices</p>	<p>27</p> <p><i>Early Release</i> Stuffed Crust Pizza</p> <p><u>Choose up to 2 vegs & 2 fruit</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>	<p>28</p> <p>School will be closed to Celebrate the Thanksgiving Holiday!</p>  <p>Happy Thanksgiving</p>	

NEW! Parents – Log onto <https://family.schoolcafe.com> or download the "SchoolCafe Family Hub" app 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.**

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

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



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!

Only \$2.50*

- ◆ 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 and all grains are healthy whole grains!

* Students approved for FREE or REDUCED lunches are automatically eligible for FREE Breakfast.

Don't skip the Most Important Meal of the Day!



November Nutrition Tip:

November is National Apple Month! Did you know that apples can be very beneficial to your health? Check out these impressive benefits of eating these delicious fruit.

Apples are:

- Nutritious
- Could be good for your heart
- Linked to a lower risk of diabetes
- May support weight loss
- May promote gut health
- Might help prevent cancer
- Could help fight asthma
- May help protect your brain



November Physical Activity Tip:

Always put safety first when exercising. See these safe exercise guidelines:

- Use Proper Equipment.
- Replace your athletic shoes as they wear out.
- Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility.
- Warm Up.
- Stretch.
- Take Your Time.
- Drink Water.
- Cool Down.
- Rest.



Substitute Help needed! Come Join Our Amazing Team!

The Coventry/Andover School Food Service is now hiring 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/>.