



# Capt Nathan Hale School

# November 2024



Meal Prices	
Student Lunch	\$3.25
Deluxe Lunch	\$4.25
Reduced Price Lunch	FREE
Student Breakfast	\$2.25
Reduced Price Bfast	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><b>4</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>5</b></p>  <p>School will be closed for Election Day</p>	<p><b>6</b></p> <p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Tenders</li> <li>2. Deluxe Pizza Slice</li> </ol> <p>-or-</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>7</b></p> <p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup</li> <li>2. Deluxe Pizza Slice</li> </ol> <p>-or-</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>8</b></p> <p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks</li> <li>2. Deluxe Pizza Slice</li> </ol> <p>-or-</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Assorted Fruit Choices</p>
<p><b>11</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Crispy Popcorn Chicken</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>12</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Onion Rings            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>13</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheesy Stuffed Pizza Stick with Marinara Sauce</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>14</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>15</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad            Fresh Baby Carrots            Assorted Fruit Choices</p>
<p><b>18</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>19</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mexican Beef Taco</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>20</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Philly Cheese Steak with Peppers and Onions</li> <li>2. Baked Chicken Tenders</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Onion Rings            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>21</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>22</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad            Fresh Baby Carrots            Assorted Fruit Choices</p>
<p><b>25</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Turkey Shaped Nuggets</li> <li>2. Hot Dog</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Assorted Fruit Choices</p> 	<p><b>26</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Bean and Beef Chili</li> <li>2. Cheeseburger</li> <li>3. Deluxe Pizza Slice*</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>27</b></p> <p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Tenders</li> <li>2. Deluxe Pizza Slice</li> </ol> <p>-or-</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Assorted Fruit Choices</p>	<p><b>28</b></p> <p>School will be closed today to celebrate the Thanksgiving Holiday!</p>  <p>Happy Thanksgiving</p>	

## Substitute Kitchen 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/>.

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

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

### **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.)

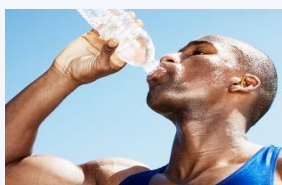
Price includes your choice of 10 oz of assorted vegetables and protein,  
with choice of two bread items, fruit and milk .

Want a bigger salad? Add more vegetables and protein for just 25¢ an ounce.

#### **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.



### **Come join us for Breakfast!**

**\*just \$2.25**

◆ Fresh Made Bacon & Egg Sandwich

◆ Assorted Muffins & Pastries

◆ Assorted Cereal

◆ Cinnamon Buns

◆ Breakfast Bars

*All choices come with Fruit, Juice and Milk*

\*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



**NEW!** Parents – Log onto **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.***