



capt Nathan Hale School

December 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

2

Choose one

1. Chicken Nuggets
Macaroni & Cheese
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

- Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

TUESDAY

3

Choose one

1. Cheese
Quesadilla
2. Cheeseburger
2. Deluxe Pizza Slice

Choose up to Three

- Corn Niblets
Fresh Baby Carrots
Assorted Fruit Choices

WEDNESDAY

4

Choose one

1. General Tso Chicken
Asian Rice
2. Baked Chicken Tenders
2. Deluxe Pizza Slice

Choose up to Three

- Seasoned Broccoli
Fresh Baby Carrots
Assorted Fruit Choices

THURSDAY

5

Choose one

1. Waffles & Syrup
Sausage Links
2. Cheeseburger
2. Deluxe Pizza Slice

Choose up to Three

- Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

FRIDAY

6

Early Release

Choose one

1. Mozzarella Sticks
Baked Tater Tots
- or-
2. Deluxe Pizza Slice

Choose up to Three

- Fresh Romaine Salad
Fresh Baby Carrots
Assorted Fruit Choices

9

Choose one

1. Crispy Popcorn Chicken
Seasoned Noodles
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

- Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

10

Choose one

1. Corn Dog
Nuggets
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

- Onion Rings
Fresh Baby Carrots
Assorted Fruit Choices

11

Choose one

1. Cheesy Stuffed Pizza Stick
with Marinara Sauce
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*

Choose up to Three

- Seasoned Broccoli
Fresh Baby Carrots
Assorted Fruit Choices

12

Choose one

1. Mozzarella Sticks
Baked Tater Tots
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

- Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices

13

Pajama Day!

Choose one

1. French Toast Sticks
Sausage Links
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

- Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices



16

Choose one

1. Holiday Nuggets
Macaroni & Cheese
2. Hot Dog
3. Deluxe Pizza Slice*

Choose up to Three

- Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

17

Choose one

1. Mexican Beef
Taco
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

- Corn Niblets
Fresh Baby Carrots
Assorted Fruit Choices

18

Choose one

1. Philly Cheese Steak
with Peppers and Onions
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*

Choose up to Three

- Onion Rings
Fresh Baby Carrots
Assorted Fruit Choices

19

Choose one

1. Pancakes & Syrup
Sausage Links
2. Cheeseburger
3. Deluxe Pizza Slice*

Choose up to Three

- Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

20

Early Release

Choose one

1. Mozzarella Sticks
Baked Tater Tots
- or-
2. Deluxe Pizza Slice

Choose up to Three

- Fresh Romaine Salad
Fresh Baby Carrots
Assorted Fruit Choices



Winter Vacation

December 23 - January 1



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.**



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.



Come join us for Breakfast! Just \$2.25 for students!

- ◆ 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!

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/>.



December Nutrition Tip: Keep your Holidays Healthy!

1. Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!
2. Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!
3. Don't forget to fill up on fruit and veggies! At least 5 servings per day!
4. Try this Fall Harvest Pumpkin Yogurt Dip recipe!

Ingredients

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

Method

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories,
1.5 g fat, 1 g sat. fat, 5 g carb
ENJOY!

December Physical Activity Tip: Benefits!

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Decrease your chances of becoming depressed.
- Sleep well at night.
- Move around more easily.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!