



# Coventry High School

## Patriot's Cafe

### December 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
<b>2</b> Popcorn Chicken Macaroni and Cheese <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	<b>3</b> Deluxe Cheeseburger <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked French Fries Fresh Baby Carrots Fresh Apples	<b>4</b> Mozzarella Sticks with Marinara Sauce <u>Choose up to 2 vegs &amp; 2 fruit</u> Carrot Coins Fresh Baby Carrots Assorted Fruit Choices	<b>5</b> Nacho Grande with Tostitos <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choices	<b>6</b> <b>Early Release</b> Stuffed Crust Cheese Pizza <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices
<b>9</b> Chicken Nuggets Macaroni and Cheese <u>Choose up to 2 vegs &amp; 2 fruit</u> Marinated Chick Peas Fresh Baby Carrots Assorted Fruit Choices	<b>10</b>  BBQ Pulled Pork Sandwich <u>Choose up to 2 vegs &amp; 2 fruit</u> Local Corn on the Cob Fresh Baby Carrots Assorted Fruit Choices	<b>11</b> Cheese Filled Pizza Stick with Marinara <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	<b>12</b> General Tso Chicken with Asian Fried Rice <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choices	<b>13</b>  <b>Pajama Day!</b> French Toast Sticks Sausage <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choices
<b>16</b> Chicken Patty Sandwich Variety <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	<b>17</b> Cheese Quesadilla <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choices	<b>18</b> Chicken and Broccoli Alfredo over pasta <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	<b>19</b> White Garlic French Bread Pizza <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices	<b>20</b> <b>Early Release</b> Stuffed Crust Cheese Pizza <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices



## Winter Vacation

### December 23 - January 1



**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.**

### 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/>.

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¢.

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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!**

**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!***

### **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 Pumpin 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!