



# Capt Nathan Hale School

## January 2025

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**

**Follow us on Social Media!**  
 CoventryAndoverSchoolFoodService  
 coventryandoverschoolnutrition



**6**

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

**7**

Choose one

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

Choose up to Three

Onion Rings  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**8**

Choose one

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

Choose up to Three

Seasoned Green Beans  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**9**

Choose one

1. Waffles and Syrup Sausage Links
2. Cheeseburger
3. Deluxe Pizza Slice\*

Choose up to Three

Hash Brown Potato  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**10**

Choose one

1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**13**

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

**14**

Choose one

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

Choose up to Three

Corn Niblets  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**15**

Choose one

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

Choose up to Three

Seasoned Broccoli  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**16**

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

**17**

Choose one

1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**20**

**School will be closed today to celebrate Martin Luther King Day!**

**21**

Choose one

1. Beef Teriyaki Dippers Seasoned Rice
2. Cheeseburger
3. Deluxe Pizza Slice\*

Choose up to Three

Seasoned Green Beans  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**22**

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

**23**

Choose one

1. French Toast Sticks Scrambled Egg Patty
2. Cheeseburger
3. Deluxe Pizza Slice\*

Choose up to Three

Hash Brown Potato  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**24**

Choose one

1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**27**

Choose one

1. Chicken Patty on a Bun
2. Hot Dog
3. Deluxe Pizza Slice\*

Choose up to Three

Baked Beans  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**28**

Choose one

1. Homemade Bean and Beef Chili Cheese Fries & Corn Bread
2. Cheeseburger
3. Deluxe Pizza Slice\*

Choose up to Three

Corn Niblets  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**29**

Choose one

1. Tangerine Chicken Asian Fried Rice
2. Baked Chicken Tenders
3. Deluxe Pizza Slice\*

Choose up to Three

Seasoned Broccoli  
 Fresh Baby Carrots  
 Assorted Fruit Choices

**30**

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

**Early Release 31**

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

**NEW!** Parents – Log onto [family.schoolcafe.com](http://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.**

### **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***

## **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/>.

## **Wellness Tips to help you stay healthy this winter!**

- 1. Limit the spread of germs** - Remember to cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. Wash your hands regularly using soap and warm water and scrub for at least 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer.
- 2. Stay hydrated** - Drinking enough water each day boosts your immune system and helps you fight viruses. Aim to drink enough water to equal two-thirds of your body weight in ounces every day.
- 3. Up your vitamin D intake** - Low vit D can make you susceptible to illnesses and negatively affect your mental health. Boost your levels by getting in the sunshine and eating foods high in vitamin D, like mushrooms and salmon.
- 4. Manage dry skin** - Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.
- 5. Stay rested** - A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night lets your body recover and protect against sickness.
- 6. See a provider when you're sick** - If you have COVID-19 or flu symptoms, call your health care provider to get tested or for expert advice to help you recover.