



Coventry High School

Patriot's Cafe

January 2025



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



6

Sloppy Joe
Curly Fries

Choose up to 2 vegs & 2 fruit

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

7

French Toast Sticks
Sausage Patties

Choose up to 2 vegs & 2 fruit

Baked Tater Tots
Fresh Baby Carrots
Assorted Fruit Choices

8

1. Pasta and Meatballs
Marinara Sauce

Choose up to 2 vegs & 2 fruit

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

9

Deluxe Bacon
Cheeseburger

Choose up to 2 vegs & 2 fruit

Baked French Fries
Fresh Baby Carrots
Assorted Fruit Choices

10

Cheese Pizza Bites
with Marinara

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices

13

Popcorn Chicken
Macaroni and Cheese

Choose up to 2 vegs & 2 fruit

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

14

Exams

**Kitchen will be open
Until 10:15 AM**

Lunch will be available
at CNHS until 12:00

15

Exams

**Kitchen will be open
Until 10:15 AM**

Lunch will be available
at CNHS until 12:00

16

Exams

**Kitchen will be open
Until 10:15 AM**

Lunch will be available
at CNHS until 12:00

17

Exams

**Kitchen will be open
Until 10:15 AM**

Lunch will be available
at CNHS until 12:00

20

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

21

Buffalo or BBQ
Boneless Wings

Choose up to 2 vegs & 2 fruit

Seasoned Curly Fries
Fresh Baby Carrots
Assorted Fruit Choices

22

Beef Enchiladas
Seasoned Rice

Choose up to 2 vegs & 2 fruit

Corn Niblets
Fresh Baby Carrots
Assorted Fruit Choices

23

Chicken & Broccoli
Alfredo over Pasta

Choose up to 2 vegs & 2 fruit

Seasoned Broccoli
Fresh Baby Carrots
Assorted Fruit Choices

24

Mozzarella Sticks
with Marinara

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices

27

Chicken Patty
on a Bun

Choose up to 2 vegs & 2 fruit

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

28

General Tso Chicken
Asian Fried Rice

Choose up to 2 vegs & 2 fruit

Asian Mixed Vegetables
Fresh Baby Carrots
Assorted Fruit Choices

29

Corn Dog
Nuggets

Choose up to 2 vegs & 2 fruit

Baked Curly Fries
Fresh Baby Carrots
Assorted Fruit Choices

30

BBQ Pulled Pork
Grinder

Choose up to 2 vegs & 2 fruit

Waffle Fries
Fresh Baby Carrots
Assorted Fruit Choices

31

Early Release

Stuffed Crust
Cheese Pizza

Choose up to 2 vegs & 2 fruit

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices

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.**

Follow us on Social Media!



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/>.

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!



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.

