



# Capt Nathan Hale School

## February 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

**3**

Choose one

- Crispy Popcorn Chicken Seasoned Noodles
- Hot Dog
- Deluxe Pizza Slice\*

Choose up to Three

Baked Beans  
Fresh Baby Carrots  
Assorted Fruit Choices

**4**

Choose one

- Philly Cheese Steak with Peppers and Onions
- Cheeseburger
- Deluxe Pizza Slice\*

Choose up to Three

Onion Rings  
Fresh Baby Carrots  
Assorted Fruit Choices

**5**

Choose one

- Cheesy Stuffed Pizza Stick with Marinara Sauce
- Baked Chicken Tenders
- Deluxe Pizza Slice\*

Choose up to Three

Seasoned Green Beans  
Fresh Baby Carrots  
Assorted Fruit Choices

**6**

Choose one

- Waffles and Syrup Sausage Links
- Cheeseburger
- Deluxe Pizza Slice

Choose up to Three

Hash Brown Potato  
Fresh Baby Carrots  
Assorted Fruit Choices

**7**

Choose one

- Mozzarella Sticks Baked Tater Tots
- Hot Dog
- Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
Fresh Baby Carrots  
Assorted Fruit Choices

**10**

Choose one

- Mozzarella Sticks Baked Tater Tots
- Hot Dog
- Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
Fresh Baby Carrots  
Assorted Fruit Choices

**11**

Choose one

- Corn Dog Nuggets
- Cheeseburger
- Deluxe Pizza Slice\*

Choose up to Three

Onion Rings  
Fresh Baby Carrots  
Assorted Fruit Choices

**12**

Choose one

- General Tso Chicken Asian Rice
- Baked Chicken Tenders
- Deluxe Pizza Slice\*

Choose up to Three

Seasoned Broccoli  
Fresh Baby Carrots  
Assorted Fruit Choices

**National Pancake Day! 13**

Choose one

- Pancakes & Syrup Sausage Links
- Cheeseburger
- Deluxe Pizza Slice\*

Choose up to Three

Hash Brown Potato  
Fresh Baby Carrots  
Assorted Fruit Choices

**Valentines Day! 14**

Choose one

- Holiday Nuggets Seasoned Noodles
- Hot Dog
- Deluxe Pizza Slice\* **Red Jello!**

Choose up to Three

Baked Beans  
Fresh Baby Carrots  
Assorted Fruit Choices

**17**

**School will be closed today to celebrate Presidents' Day!**

**18**

**School will be closed today for Staff Development**

**19**

Choose one

- Beef Teriyaki Strips Seasoned Rice
- Baked Chicken Tenders
- Deluxe Pizza Slice\*

Choose up to Three

Seasoned Green Beans  
Fresh Baby Carrots  
Assorted Fruit Choices

**20**

Choose one

- French Toast Sticks Sausage Links
- Cheeseburger
- Deluxe Pizza Slice\*

Choose up to Three

Hash Brown Potato  
Fresh Baby Carrots  
Assorted Fruit Choices

**21**

Choose one

- Mozzarella Sticks Baked Tater Tots
- Hot Dog
- Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
Fresh Baby Carrots  
Assorted Fruit Choices

**24**

Choose one

- Chicken Patty on a Bun
- Hot Dog
- Deluxe Pizza Slice\*

Choose up to Three

Baked Beans  
Fresh Baby Carrots  
Assorted Fruit Choices

**25**

Choose one

- Mexican Beef Taco
- Cheeseburger
- Deluxe Pizza Slice\*

Choose up to Three

Corn Niblets  
Fresh Baby Carrots  
Assorted Fruit Choices

**26**

Choose one

- Tangerine Chicken Asian Fried Rice
- Baked Chicken Tenders
- Deluxe Pizza Slice\*

Choose up to Three

Seasoned Broccoli  
Fresh Baby Carrots  
Assorted Fruit Choices

**National Chili Day! 27**

Choose one

- Homemade Bean and Beef Chili Cheese Fries & Corn Bread
- Cheeseburger
- Deluxe Pizza Slice\*

Choose up to Three

Corn Niblets  
Fresh Baby Carrots  
Assorted Fruit Choices

**28**

Choose one

- Mozzarella Sticks Baked Tater Tots
- Hot Dog
- Deluxe Pizza Slice\*

Choose up to Three

Fresh Romaine Salad  
Fresh Baby Carrots  
Assorted Fruit Choices

### 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.



Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition

## **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

**February Nutrition tip:** Eat the rainbow! Eating a variety of fruits and vegetables of different colors will provide you with necessary nutrients and keep you healthy.

- **Red-** Good for your heart and blood health. Foods like cherries, tomatoes, and red peppers!
- **Orange-** Prevent and reduce the risk of cancer. Foods like pumpkin, carrots, and mangoes!
- **Yellow-** Good for your skin, heart, and eyes. Helps prevent you from getting sick. Foods like bananas, summer squash, pineapple, and corn!
- **Green-** Good for your bones and helps Good for your bones and helps your body fight sickness. Foods like broccoli, kiwi, cucumber, and spinach!
- **Blue-** Improves memory and brain function. Food like blueberries and blackberries!
- **Purple-** Helps fight inflammation in your body. Foods like grapes, figs, onions, and eggplant!

### ***Rainbow Roasted Vegetables***

#### Ingredients:

- 2 red bell peppers
- 4 carrots
- 2 yellow squashes
- 1 pound broccoli
- 1 red onion
- ½ tsp kosher salt
- ¼ tsp black pepper
- 3 tbsp olive oil

#### Method:

- Preheat oven to 400 degrees.
- Cut vegetables into bite sized pieces.
- Toss vegetables in oil, salt, and pepper.
- Arrange in a single layer on a cookie sheet.
- Cook for 20-25 minutes until for tender.
- Enjoy!



Parents – Log onto [family.schoolcafe.com](http://family.schoolcafe.com) or download the "SchoolCafe Family Hub" app to view your student's account 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.***