



Coventry High School

Patriot's Cafe

February 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
3 Philly Cheese Steak with Peppers & Onions <u>Choose up to 2 vegs & 2 fruit</u> Marinated Chick Peas Fresh Baby Carrots Assorted Fruit Choices	4 Chicken & Broccoli Alfredo over Pasta <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	5 Deluxe Bacon Cheeseburger Assorted Pudding! <u>Choose up to 2 vegs & 2 fruit</u> Baked French Fries Fresh Baby Carrots Assorted Fruit Choices	6 French Toast Sticks Sausage Patty Seasoned Hot Apples <u>Choose up to 2 vegs & 2 fruit</u> Baked Tater Tots Fresh Baby Carrots Assorted Fruit Choices	7 Mozzarella Sticks with Marinara <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices
10 Popcorn Chicken Bowl Mashed Potato, Corn, Gravy Garlic Bread Stick <u>Choose up to 2 vegs & 2 fruit</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choices	11 BBQ Pulled Pork Grinder Waffle Fries Fresh Made Cole Slaw <u>Choose up to 2 vegs & 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	12 General Tso Chicken Asian Fried Rice <u>Choose up to 2 vegs & 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Assorted Fruit Choices	National Pancake Day! 13 Pancakes & Syrup Sausage Patties <u>Choose up to 2 vegs & 2 fruit</u> Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices	Valentines Day! 14 Cheese Pizza Bites with Marinara Red Jello! <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad 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 Mozzarella Sticks Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	20 Hard Mexican Tacos Assorted Topping <u>Choose up to 2 vegs & 2 fruit</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choices	21 Cheese Pizza Pocket with Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices
24 Chicken Patty on a Bun <u>Choose up to 2 vegs & 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	25 Pasta with Meatballs Marinara Sauce <u>Choose up to 2 vegs & 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	26 Corn Dog Nuggets <u>Choose up to 2 vegs & 2 fruit</u> Baked Curly Fries Fresh Baby Carrots Assorted Fruit Choices	National Chili Day! 27 Freshly Made Chili Warm Corn Bread <u>Choose up to 2 vegs & 2 fruit</u> Baked Waffle Fries Fresh Baby Carrots Assorted Fruit Choices	28 Stuffed Crust Cheese Pizza <u>Choose up to 2 vegs & 2 fruit</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices

Parents – Log onto <https://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.**

Follow us on Social Media!  CoventryAndoverSchoolFoodService  coventryandoverschoolnutrition

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!

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!

