

Capt Nathan Hale School

March 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

~ Celebrate National School Breakfast Week! March 3 - 7, 2025 ~
Students will receive a raffle entry for Amazon Gift Cards for every breakfast purchased this week. Drawings will be held March 10, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right">3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Popcorn Chicken Seasoned Noodles Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Philly Cheese Steak with Peppers and Onions Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Onion Rings Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheesy Stuffed Pizza Stick with Marinara Sauce Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles and Syrup Sausage Links Cheeseburger Deluxe Pizza Slice <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">7</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Assorted Fruit Choices</p>
<p align="right">10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Macaroni and Cheese Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Corn Dog Nuggets Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Onion Rings Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> General Tso Chicken Asian Rice Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Links Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Assorted Fruit Choices</p>
<p align="right">17</p> <p>St. Patrick's Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Holiday Nuggets Seasoned Noodles Hot Dog Deluxe Pizza Slice* Assorted Jello! <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Soft Chicken Tacos Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Beef Teriyaki Strips Seasoned Rice Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes and Syrup Sausage Links Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Assorted Fruit Choices</p>
<p align="right">24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Bun Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mexican Beef Taco Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Tangerine Chicken Asian Fried Rice Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Links Cheeseburger Deluxe Pizza Slice <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p align="right">28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Assorted Fruit Choices</p>



FRESH SALAD BAR AVAILABLE DAILY! (Free & Reduced Prices apply where applicable.)

Make a meal with a "Make Your Own" salad plate for \$4.00 for students; \$5.00 for adults.

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.



31
<u>Choose one</u>
1. Corn Dog Nuggets Macaroni and Cheese
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Onion Rings
Fresh Baby Carrots
Assorted Fruit Choices

April Fools Day!	1
<u>Choose one</u>	
1. Emoji Nuggets Macaroni and Cheese	
2. Cheeseburger	
3. Deluxe Pizza Slice*	
<u>Choose up to Three</u>	
Baked Beans	
Fresh Baby Carrots	
Assorted Fruit Choices	

2
<u>Choose one</u>
1. Pasta and Meatballs Marinara Sauce
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

3
<u>Choose one</u>
1. Pancakes & Syrup Sausage Links
2. Cheeseburger
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

4
<u>Choose one</u>
1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Fresh Romaine Salad
Fresh Baby Carrots
Assorted Fruit Choices

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 Meal of the Day!

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/>.

Follow us on Social Media!



 CoventryAndoverSchoolFoodService

 coventryandoverschoolnutrition

March Nutrition Tips:

- ◆ Eat more green veggies! 
- ◆ Eat the rainbow, try lots of colorful fruits and veggies! 
- ◆ Try a new vegetable or fruit! 
- ◆ Start your day with breakfast!

March Physical Activity Tips:

- ◆ Do jumping jacks or push ups during commercials when watching TV, or when taking a break from doing homework! 
- ◆ Play a game with your friends, like basketball or soccer! 
- ◆ Dance to your favorite song after school!

Parents – Log onto **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.**