



# Coventry High School

## Patriot's Cafe

### March 2025



<b>Meal Prices</b>	
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

**~ 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**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Nuggets Macaroni and Cheese  <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	Chicken & Broccoli Alfredo over Pasta  <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	Deluxe Bacon Cheeseburger <b>Assorted Pudding!</b>  <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked French Fries Fresh Baby Carrots Assorted Fruit Choices	French Toast Sticks Sausage Patty Seasoned Hot Apples  <u>Choose up to 2 vegs &amp; 2 fruit</u> Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices	<b>Early Release</b> Mozzarella Sticks with Marinara  <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Popcorn Chicken Mashed Potato, Corn, Gravy Garlic Bread Stick  <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choices	BBQ Pulled Pork Grinder Waffle Fries Fresh Made Cole Slaw  <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	General Tso Chicken Asian Fried Rice  <u>Choose up to 2 vegs &amp; 2 fruit</u> Asian Mixed Vegetables Fresh Baby Carrots Assorted Fruit Choices	Pancakes & Syrup Sausage Patties  <u>Choose up to 2 vegs &amp; 2 fruit</u> Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices	Cheese Pizza Bites with Marinara  <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>St. Patrick's Day!</b> Homemade Meatloaf & Roll Mashed Potato & Gravy <b>Assorted Jello!</b>  <u>Choose up to 2 vegs &amp; 2 fruit</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choices	Nacho Grande with Tortilla Chips  <u>Choose up to 2 vegs &amp; 2 fruit</u> Refried Beans Fresh Baby Carrots Assorted Fruit Choices	<b>NEW!</b> Creamy Cheeseburger Penne  <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	Boneless Wings Seasoned Rice  <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Curly Fries Fresh Baby Carrots Assorted Fruit Choices	Cheese Pizza Pocket with Marinara Sauce  <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken Patty on a Bun  <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	Pasta with Meatballs Marinara Sauce  <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	Corn Dog Nuggets  <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Curly Fries Fresh Baby Carrots Assorted Fruit Choices	Sweet Thai Chicken Seasoned Rice  <u>Choose up to 2 vegs &amp; 2 fruit</u> Seasoned Broccoli & Carrots Fresh Baby Carrots Assorted Fruit Choices	Stuffed Crust Cheese Pizza  <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Popcorn Chicken Macaroni & Cheese  <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	<b>April Fools Day!</b> Meatball Grinder  <u>Choose up to 2 vegs &amp; 2 fruit</u> Baked French Fries Fresh Baby Carrots Assorted Fruit Choices	Chicken Parmasen over Penne with Marinara  <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices	French Toast Sticks Sausage Patty  <u>Choose up to 2 vegs &amp; 2 fruit</u> Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices	4X6 Cheese Pizza with Assorted Toppings  <u>Choose up to 2 vegs &amp; 2 fruit</u> Fresh Garden Salad Fresh Baby Carrots Assorted Fruit Choices

### 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!**



**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 <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.**