



Coventry High School

Patriot's Cafe

April 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

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7

Popcorn Chicken
Mashed Potato and Gravy
Garlic Breadstick

Choose up to 2 vegs & 2 fruit

Corn Niblets
Fresh Baby Carrots
Assorted Fruit Choices

April Fools Day! 1

Meatball Grinders

Choose up to 2 vegs & 2 fruit

Baked French Fries
Fresh Baby Carrots
Assorted Fruit Choices

2

Chicken Parmasen
over Penne with Marinara

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices

3

French Toast Sticks
Sausage Patty

Choose up to 2 vegs & 2 fruit

Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

4

4X6 Cheese Pizza
with Assorted Toppings

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices



Spring Break April 14 - 18, 2025



21

Deluxe Bacon
Cheeseburger
Assorted Pudding

Choose up to 2 vegs & 2 fruit

Onion Rings
Fresh Baby Carrots
Assorted Fruit Choices

22

Nacho Grande
with Tortilla Chips

Choose up to 2 vegs & 2 fruit

Refried Beans
Fresh Baby Carrots
Assorted Fruit Choices

23

Creamy Cheeseburger
Penne

Choose up to 2 vegs & 2 fruit

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

24

Boneless Wings
Seasoned Rice

Choose up to 2 vegs & 2 fruit

Seasoned Curly Fries
Fresh Baby Carrots
Assorted Fruit Choices

25

Cheese Pizza Pocket
with Marinara Sauce

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices

28

Popcorn Chicken
Macaroni and Cheese

Choose up to 2 vegs & 2 fruit

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

29

Pasta with Meatballs
Marinara Sauce

Choose up to 2 vegs & 2 fruit

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

30

Corn Dog
Nuggets

Choose up to 2 vegs & 2 fruit

Baked Curly Fries
Fresh Baby Carrots
Assorted Fruit Choices

1

Orange Chicken
Seasoned Rice

Choose up to 2 vegs & 2 fruit

Seasoned Broccoli & Carrots
Fresh Baby Carrots
Assorted Fruit Choices

2

Stuffed Crust
Cheese Pizza

Choose up to 2 vegs & 2 fruit

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices

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.



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/>.

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!



Drink, Calories and Container Size (fluid ounces)

Teaspoons of Sugar per Container Size

Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)



Soda
227 calories
20 fl. oz.

14 tsp



49 min.



Sports Drink
125 calories
20 fl. oz.

9 tsp



27 min.



Energy Drink
240 calories
16 fl. oz.

15 tsp



52 min.



Juice Drink
305 calories
20 fl. oz.

17 tsp



66 min.



Fruit-flavored Soda
165 calories
12.5 fl. oz.

11 tsp



36 min.



Vitamin-added Water
125 calories
20 fl. oz.

8 tsp



27 min.



Sweetened Tea
213 calories
20 fl. oz.

14 tsp



46 min.



Water
0 calories
20 fl. oz.

0 tsp



0 min.



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