

# School Meals

We serve education every day.

# Capt. Nathan Hale School December 2008



### Meal Prices

- Student Meals.....\$2.25
- Milk only.....50¢
- Student Breakfast.....\$1.25
- Adult Lunch.....\$3.00
- Adult Breakfast.....\$1.50

Please call 742-4540  
between  
7-10:30 am for account  
balances

All Meals include a choice of

Skim, or 1% White Milk

or

1/2 % Chocolate Milk



Monday, December 1	Tuesday, December 2	Wednesday, December 3	Thursday, December 4	Friday, December 5
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Pattie in a Bun</li> <li>2. Hotdog in a Roll</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Baked Beans</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Sausage</li> <li>2. Cheeseburger</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Hash Brown Potato</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks with Sauce &amp; Rice</li> <li>2. Hotdog in a Roll</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Green Beans</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Nacho Grande</li> <li>2. Cheeseburger</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Corn Niblets</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hotdog in a Roll</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Fresh Tossed Salad</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>
Monday, December 8	Tuesday, December 9	Wednesday, December 10	Thursday, December 11	Friday, December 12
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Shoestrings with Buttered Noodles</li> <li>2. Hotdog in a Roll</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Broccoli &amp; Cheese Sauce</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Beef Burrito</li> <li>2. Potato Wedges</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Corn Niblets</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Grilled Cheese Sandwich with a pretzel</li> <li>2. Hotdog in a Roll</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Tomato Soup</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mexican Taco with Fluffy Rice</li> <li>2. Cheeseburger</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Corn Niblets</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hotdog in a Roll</li> <li>3. Assorted Grinders</li> <li>4. Assorted Wraps</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Fresh Tossed Salad</li> <li>Fresh Baby Carrots</li> <li>Fresh Fruit</li> <li>Assorted Cupped Fruit</li> <li>100% Fruit Juice</li> </ul>

**Assorted Grinders offered daily include**  
Turkey, Ham, Salami, Tuna, Egg Salad, Chicken Salad.



Peanut Butter & Jelly Triple Decker Sandwich

**Assorted Wraps include:**  
Ham, Turkey & Tuna

(Cheese, lettuce & tomato are available to be added to any sandwich or wrap)



Monday, December 15

Choose one

1. Chicken Tenders with Seasoned Rice
2. Hotdog in a Roll
3. Assorted Grinders
4. Assorted Wraps

*pudding served with all meals*

Choose up to Three

- Oriental Vegetables
- Fresh Baby Carrots
- Fresh Fruit
- Assorted Cupped Fruit
- 100% Fruit Juice

Tuesday, December 16

Choose one

1. French Toast Sticks with Sausage Links
2. Cheeseburger
3. Assorted Grinders
4. Assorted Wraps

Choose up to Three

- Hash Brown Potato
- Fresh Baby Carrots
- Fresh Fruit
- Assorted Cupped Fruit
- 100% Fruit Juice

Wednesday, December 17

Choose one

1. Italian Dunkers
2. Hotdog in a Roll
3. Assorted Grinders
4. Assorted Wraps

Choose up to Three

- Green Beans
- Fresh Baby Carrots
- Fresh Fruit
- Assorted Cupped Fruit
- 100% Fruit Juice

Thursday, December 18

Choose one

1. Crispy Baked Chicken with Mashed Potatoes
2. Cheeseburger
3. Assorted Grinders
4. Assorted Wraps

Choose up to Three

- Mixed Vegetables
- Fresh Baby Carrots
- Fresh Fruit
- Assorted Cupped Fruit
- 100% Fruit Juice

Friday, December 19

Choose one

1. Stuffed Crust Pizza
2. Hotdog in a Roll
3. Assorted Grinders
4. Assorted Wraps

Choose up to Three

- Fresh Tossed Salad
- Fresh Baby Carrots
- Fresh Fruit
- Assorted Cupped Fruit
- 100% Fruit Juice

Also available daily for 85¢ are snacks, ice cream and sherbets which meet the CT Healthy Food Guidelines

Water is also available for 75¢  
Fresh Fruit is 50¢



Monday, December 22

Choose one

1. Chicken Nuggets w/ Macaroni & Cheese
2. Hotdog in a Roll
3. Assorted Grinders
4. Assorted Wraps

Choose up to Three

- Corn Niblets
- Fresh Baby Carrots
- Fresh Fruit
- Assorted Cupped Fruit
- 100% Fruit Juice

Tuesday, December 23

Choose one

1. French Bread Pizza
2. Hotdog in a Roll
3. Assorted Grinders
4. Assorted Wraps

Choose up to Three

- Choice of Vegetable
- Fresh Baby Carrots
- Fresh Fruit
- Assorted Cupped Fruit
- 100% Fruit Juice

Wednesday, December 24

# Vacation

December 24 through January 4

For more information about the Coventry School Food Service, please visit our website at <http://coventryps.org/admin/services/food.html>

Nutrient Goals for Grades 6-8	
Calories.....	783
Calcium.....	400mg
Protein.....	15.2g
Total Fat.....	<30%
Saturated Fat....	<10%
This Month's Averages:	
Calories.....	790
Calcium.....	484mg
Protein.....	31.9g
Total Fat.....	24.7%
Saturated Fat....	7.0%

## Very Rocky Road Fudge!

Ingredients:

- 1 ½ cups sugar
- 2 cups miniature marshmallows
- 1 5-ounce can evaporated milk
- ¼ cup margarine or butter
- 1 teaspoon vanilla extract
- 1 12-ounce package semisweet chocolate pieces
- 1 10 to 12-ounce can mixed nuts

Directions:

in 2-quart glass measure, cook sugar, 1 cup marshmallows, milk, and margarine on High for four and a half minutes until melted, stirring once during cooking. Stir; cook for another one and a half minutes. Stir in chocolate and vanilla until smooth. Fold in nuts and remaining marshmallows. Spread in foil-lined 8" by 8" baking pan. Refrigerate until firm. Cut into 24 pieces.

## Yummy Snowflakes!

You know those paper snowflakes you fold and cut? Well, how about making some you can eat!

**What you need:**  
Flour tortillas, Scissors, Powdered Sugar, An adult to help with the cooking, Oil for frying

**What to do:**  
Gently fold the tortilla into quarters (don't crease it, or it will tear). Cut pieces out to make snowflake designs when you open it up! (You might want to practice with paper first.)

As your adult to help you fry the tortilla until it's crispy. Then, sprinkle it with powdered sugar. That's it!  
Snow never tasted so good!