

Student Meals include a Choice of
LoFat Chocolate, 1% or 2% White Milk.

* Bag Lunches are available for field trips.
Please ask or call (742-4540) 1 day ahead.

JUNE 2008

COVENTRY SCHOOLS LUNCH MENU

CAPT. NATHAN HALE SCHOOL

STUDENT LUNCH.....	\$2.00
Milk Only.....	.45
Breakfast.....	\$1.00
Adult Lunch.....	\$2.75
5 FREE snacks with \$50.00 prepayment!	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrients
Assorted Sandwiches & Salads available daily. Hamburgers offered Tues. & Thurs., Hot Dogs: Mon, Wed, Fri.					Averaged Weekly
Chicken Nuggets Macaroni & Cheese Fresh Vegetable Sticks Assorted Fruit & Juice 2)	Waffles & Bacon Hash Brown Potato Baby Carrots Assorted Fruit & Juice 3)	Nacho Grande Corn Niblets Assorted Fruit & Juice 4)	Grilled Cheese Sandwich Tomato Soup & Pretzel Assorted Fruit & Juice 5)	Stuffed Crust Pizza Fresh Garden Salad Assorted Fruit & Juice 6)	Goals Calories.....783 Calcium...400mg Protein.....15.2g Total Fat...<30% Sat. Fat.....<10%
Chicken Pattie On a Bun Baked Beans Assorted Fruit & Juice 9)	Pancakes & Sausage Hash Brown Potato Fresh Baby Carrots Assorted Fruit & Juice 10)	Super Choice Day Choice of Entree Choice of Vegetable Assorted Fruit & Juice 11)	Crispy Baked Chicken Mashed Potato & Gravy Mixed Vegetable & Roll Assorted Fruit & Juice 12)	Stuffed Crust Pizza Fresh Garden Salad Assorted Fruit & Juice 13)	Calories.....817 Calcium.....445mg Protein.....35.3g Total Fat....21.6% Sat. Fat.....6.3%
Chicken Shoestrings Seasoned Noodles Broccoli & Cheese Sauce Assorted Fruit & Juice 16)	French Toast Sticks Sausage Links Hash Brown Potato Baby Carrots Assorted Fruit & Juice 17)	Mozzarella Sticks Tomato Sauce Potato Wedges Assorted Fruit & Juice 18)	Stuffed Crust Pizza Choice of Vegetable Assorted Fruit & Juice 19)	Last Day of School Early Closing No lunch Served 20)	Calories.....816 Calcium.....545mg Protein.....37.8g Total Fat....28.4% Sat. Fat.....9.6%

These Meals meet the Dietary Guidelines for students in grades 6-8, providing 1/3 of their daily need for calories and key nutrients.
Meals have less than 30% total fat and less than 10% saturated fat. For more information call Carol Brigham, SNS, Director at 742-4535.

Reminder.....

Please make sure your lunch account is paid up before the last day of school.
Report cards of students who owe \$5.00 or more will be held at the school office until the account is paid in full!

Have a Great Summer!!!!