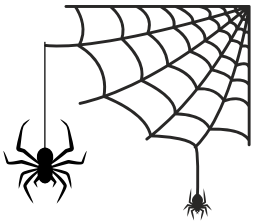
Captain Nathan Hale School

October 2026 Menu





ALTERNATE LUNCHES

Tues & Thurs Cheeseburger - **Mon & Fri** Hot Dog - **Wed** Chicken Tenders

Mon	Tue	Wed	Thu	Fri
Our grains are Whole Grain (WG)	**Breakfast at no cost all school year!**		1 WG Waffle w/ Sausage & Hash Browns	2 Mozzarella Sticks & Marinara w/ Romaine Salad or Smile Fries
5 WG Popcorn Chicken & Biscuit w/ BBQ Baked Beans	6 WG General Tso's Chicken w/ Veg Fried Rice, Fortune Cookie & Broccoli	7 Cheesy Bread Sticks w/ Marinara Cuke Wheels	8 WG French Toast Sticks w/ Sausage & Hash Browns	9 No School PD Day
12 October Break	13 Beef & Cheddar Taco w/ Sweet Corn	14 BBQ Chicken Grinder Baked Beans	15 WG Waffle w/ Sausage & Hash Browns	16 Mozzarella Sticks & Marinara w/ Romaine Salad or Smile Fries
19 Chicken Bruschetta Pasta w/ Bread Stick and Green Bean Carrot Blend	20 Corn Dog Nuggets & Cornbread w/ Baked Beans	21 WG Mandarin Chicken w/ Veg Fried Rice, Fortune Cookie & Broccoli	22 WG French Toast Sticks w/ Sausage & Hash Browns	23 Mozzarella Sticks & Marinara w/ Romaine Salad or Smile Fries
26 Mac n Cheese w/ Chicken Nuggets, & Green Beans	27 Chicken Fajita Rice Bowl W/ Salsa Refried Beans	28 Mozzarella Sticks & Marinara w/ Romaine Salad	29 WG French Toast Sicks w/ Sausage & Hash Browns	30 WG Spooky Chicken Nuggets & Waffles w/ Cinnamon Sweet Potato Fries

*Menu subject to change without notice. Meals may vary based on product availability. This is an equal opportunity institution.

MEAL PRICES

Breakfast

!**NO COST!**

Lunch

$3.60

Deluxe

$4.75

Reduced

Free

Milk

Additional/Only Milk

$ .75

1 Free milk w/meal

Adult

Breakfast $3.50

Lunch $5.75



Locally & Regionally Sourced Fresh Fruits, Veggies, & Milk Daily





Deluxe Lunch

$4.75

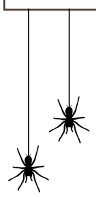
Deluxe Pizza Slice

Salad Bar



Pizza comes with choice of fruit, veggies, & milk

Salad comes with whole grain crackers & choice of assorted proteins, fruit, & milk



BREAKFAST

FREE ALL Year 26-27

DAILY -Egg Sandwich on WG Eng Muffin

Assorted WG Cereal

MON - WG Maple Waffle

TUES -WG Muffin of the day

WED - WG Assorted Super Slice Breads

THURS - WG Confetti Pancakes

FRIDAY - WG Honey Wheat Bar

All Breakfast served with Fruit/Juice & Milk

Snacks Available Daily

Must have Cash or Positive Balance to purchase.

Change will be added to accounts.

PAYMENT

School Cafe - family.schoolcafe.com

App - SchoolCafe Family Hub

Cash - **Remaining change is added to School Cafe account**

Check - made out to Coventry Food Services, memo Student name

FREE & REDUCED APPLICATIONS AVAILABLE

Food Service Webpage,

MAIN OFFICE,

FAMILY.**SCHOOLCAFE**.COM