



Coventry Grammar School

February 2023



Meal Prices	
Student Lunch	\$3.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.00
Reduced Price Bfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk

All breads & grains are whole grain rich for better health!

MONDAY



Like us on Facebook!

[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! @CPS_AES_SchFood

TUESDAY



WEDNESDAY

THURSDAY



FRIDAY

Half Day

Bagged Lunch

Fresh Yogurt & Bagel
Mozzarella String Cheese
Fresh Vegetable Sticks
Farm Fresh Apple
Chocolate Milk



<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>7</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Corn Dog Nuggets 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with Marinara Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots French Oranges & other assorted fruit</p>	<p>9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Applesauce & other assorted fruit</p>
<p>13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Happy Valentines Day! 14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Totally Taco MaxSnax Mexican Rice 2. Cheeseburger 3. Yogurt Plate <p>Jello!</p> <p><u>Choose up to Three</u></p> <p>Refried Beans or Corn Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Sticks with Marinara Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots French Oranges & other assorted fruit</p>	<p>16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Applesauce & other assorted fruit</p>
<p>20</p>  <p>School will be closed today to celebrate Presidents' Day</p>	<p>21</p>  <p>School will be closed today for Staff Development</p>	<p>22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate <p>Sweet Treat!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots French Oranges & other assorted fruit</p>

Parents – Log onto www.myschoolaccount.com to view your student's lunch balance and make payments.

For more information about your school lunch program, visit <http://www.coventrypublicschools.org/district/food-services>.

Want to be involved in school wellness? Visit <https://www.coventrypublicschools.org/district/wellness-committee>.

Questions or comments about your student's lunches? We'd love to hear from you!

Call or email 860-742-4535 or bpratt@coventryct.org. This institution is an equal opportunity provider.

27
<u>Choose one</u>
1. Chicken Patty on a Bun
2. Hot Dog
3. Yogurt Plate
<u>Choose up to Three</u>
Baked Beans
Fresh Baby Carrots
Raisins
& other assorted fruit

28
<u>Choose one</u>
1. Corn Dog Nuggets
2. Cheeseburger
3. Yogurt Plate
<u>Choose up to Three</u>
Baked French Fries
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

1-Mar
<u>Choose one</u>
1. Mozzarella Sticks Marinara Sauce
2. Hot Dog
3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Green Beans
Fresh Baby Carrots
Fresh Orange
& other assorted fruit

2-Mar
<u>Choose one</u>
1. Pancakes and Syrup Sausage Patty
2. Cheeseburger
3. Yogurt Plate
<u>Choose up to Three</u>
Baked Hash Brown
Fresh Baby Carrots
Applesauce
& other assorted fruit

3-Mar
<u>Choose one</u>
1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Vegetable Sticks
Fresh Baby Carrots
Sliced Pears
& other assorted fruit

Come join us for Breakfast!

Just \$2.00 for Students!

**free and reduced pricing applies*

Mondays: Pancakes or Waffles

Tuesdays: Donut Stick

Wednesdays: Assorted Muffins

Thursdays: Bagel & Cream Cheese

Fridays: Cinnamon Roll

Assorted Cereal is available every day.

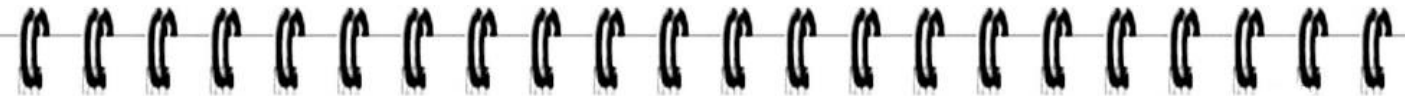
All choices come with Fruit, Juice and Milk

***Don't skip the Most Important
Meal of the Day!***

Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring substitute 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/>.

Come Join Our Amazing Team!



Health Tips for Students



Between irregular schedules, social media life, exams and food choices, it can be difficult to make time to keep up on your personal health. Following these small health tips can really make a difference:

1. Limit sugary and caffeinated beverages.
2. Eat plenty of fruit and veggies.
3. Keep healthy snacks around.
4. Limit junk food.
5. Learn proper portion sizes.
6. Don't skip meals.
7. Incorporate different kinds of exercise in your routine.
8. Try to move a little bit every hour.
9. Explore new exercises. You may find something new you love!
10. Turn off screens at least 30 minutes before bed.