



# Coventry Grammar School

## December 2023



Meal Prices	
Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Bfast	FREE
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!	

# Happy Holidays!

Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)  
Follow us on Twitter! [@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)

**Come Join Us For Breakfast! It's Free All Year for All Students!**

## FRIDAY Early Release 1

### Bagged Lunch

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



<p><b>4</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p><b>5</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Filled Bread Stick with Marinara</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>	<p><b>6</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Personal Pan Cheese Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p><b>7</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Slice</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><b>8</b></p> <p><b>Pajama Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles and Syrup</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>
<p><b>11</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Popcorn Chicken</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Marinated Chick Peas Fresh Baby Carrots Apple Sauce &amp; other assorted fruit</p>	<p><b>12</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p><b>13</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p><b>14</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>	<p><b>15</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Slice</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>
<p><b>18</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pears &amp; other assorted fruit</p>	<p><b>19</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Totally Taco MaxSnax</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>	<p><b>20</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Bites with Marinara Sauce</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Apple Sauce &amp; other assorted fruit</p>	<p><b>21</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Holiday Chicken Nuggets</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><b>22</b></p> <p><b>Early Release Spirit Day!</b></p> <p><b>Bagged Lunch</b></p> <p>Fresh Yogurt &amp; Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> <p><b>Sweet Treat!</b></p>



**Teddy Bear Graham Cookies!**



## **Come join us for Breakfast!**

### **It's Free for ALL Students!**

Mondays: Pancakes or Waffles or Cereal

Tuesdays: Donut Stick or Cereal

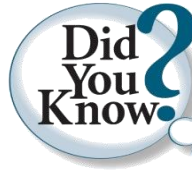
Wednesdays: Assorted Muffins or Cereal

Thursdays: Assorted Danish or Cereal

Fridays: Cinnamon Roll or Cereal

All choices come with Fruit, Juice and Milk

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



- unless food is mixed with saliva you can't taste it?
- lemons contain more sugar than strawberries?
- rabbits like licorice?
- reindeer like bananas?

• Switzerland eats the most chocolate equating to 10 kilos per person per year?

- macadamia nuts are toxic to dogs?
- honey is the only natural food which never spoils?
- the fortune cookie was invented in San Francisco?
- the croissant was invented in Austria?
- popcorn was invented by the Aztec Indians?
- french fries are originally from Belgium?
- apples are more effective at waking you up in the morning than coffee?
- a hard-boiled eggs spin (uncooked or soft boiled don't)?
- there is no butter in buttermilk?
- almonds are members of the peach family?
- an egg contains every vitamin except vitamin C?
- Americans eat 35,000 tons of pasta a year?
- the oldest known vegetable is the pea?
- carrots contain 0% fat?
- that in developed countries 27% of food is thrown away?
- a banana contains 75% water?
- cucumbers are 96% water?



### ***December Nutrition Tip: Keep your Holidays Healthy!***

1. *Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!*

2. *Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!*

3. *Don't forget to fill up on fruit and veggies! At least 5 servings per day!*

4. *Try this Fall Harvest Pumpin Yogurt Dip recipe!*

#### **Ingredients**

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

#### **Method**

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat, 1 g sat. fat, 5 g carb

### ***December Physical Activity Tip: Benefits!***

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Sleep well at night.
- Move around more easily.
- Decrease your chances of becoming depressed.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!



Parents – View your student's lunch balance and make payments at [www.myschoolaccount.com](http://www.myschoolaccount.com).

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.***

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!**