



Coventry Grammar School



January 2024

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



Find these symbols on this menu to check out our newest, scratch made recipes!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



8

Choose one

1. Chicken Nuggets
2. Macaroni and Cheese
3. Hot Dog
3. Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Fresh Apples
- & other assorted fruit

2

Choose one

1. Cheese Filled Bread Stick with Marinara
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Seasoned Green Beans
- Fresh Baby Carrots
- Sliced Pears
- & other assorted fruit

3

Choose one

1. Popcorn Chicken
2. Seasoned Noodles
3. Hot Dog
3. Yogurt Plate

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Raisins
- & other assorted fruit

4

Choose one

1. Pancakes and Syrup
2. Sausage Patty
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Baked Hash Brown
- Fresh Baby Carrots
- Sliced Pears
- & other assorted fruit

5

Choose one

1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Strawberries
- & other assorted fruit

15

School will be closed today to celebrate Martin Luther King Day!

9

Choose one

1. Pasta and Meatballs with Marinara Sauce
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Sliced Pears
- & other assorted fruit

10

Choose one

1. Personal Pan Cheese Pizza
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Fresh Green Beans
- Fresh Baby Carrots
- Sliced Peaches
- & other assorted fruit

11

Choose one

1. Waffles and Syrup
2. Sausage Patty
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Parmesan Potatoes
- Fresh Baby Carrots
- Raisins
- & other assorted fruit

12

Choose one

1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Fresh Oranges
- & other assorted fruit

22

Choose one

1. Chicken Patty on a Bun
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Fresh Pears
- & other assorted fruit

16

Choose one

1. Corn Dog
2. Nuggets
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Baked French Fries
- Fresh Baby Carrots
- Fresh Oranges
- & other assorted fruit

17

Choose one

1. Stuffed Crust Pizza
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Roasted California Vegetables
- Fresh Baby Carrots
- Sliced Peaches
- & other assorted fruit

18

Choose one

1. French Toast Sticks
2. Sausage Patty
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Baked Hash Brown
- Fresh Baby Carrots
- Sliced Pears
- & other assorted fruit

19

Choose one

1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Strawberries
- & other assorted fruit



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

Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! [@CPS_AES_SchFood](https://twitter.com/CPS_AES_SchFood)



29

Choose one

1. Baked Chicken Tenders
Seasoned Noodles
2. Hot Dog
3. Yogurt Plate

New! Choose up to Three

1. Chili Roasted Chick Peas
2. Fresh Baby Carrots
3. Fresh Pears
& other assorted fruit

30

New! Choose one

1. Sweet & Sour Honey
Chicken with Seasoned Rice
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

1. Mixed Asian Vegetables
2. Fresh Baby Carrots
3. Sliced Pears
& other assorted fruit

31

Choose one

1. Macaroni & Cheese
Dinner Roll
2. Hot Dog
3. Yogurt Plate

New! Choose up to Three

1. Roasted Veggie Medley
2. Fresh Baby Carrots
3. Apple Sauce
& other assorted fruit

1

Choose one

1. Waffles and Syrup
Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

1. Baked Hash Brown
2. Fresh Baby Carrots
3. Raisins
& other assorted fruit

2

**Early Release
Bagged Lunch**

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



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



**January Health Tip:
Get your ZZZZZZZ's!**

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.



Obscure January Holidays!

Polar Bear Plunge Day (1st)- a day when crazy people jump into frigid cold water just so they can say they did.

J.R.R Tolkien Day (3rd) – celebrate the brilliant author behind the Lord of the Rings.

Earth's Rotation Day (8th)- because, you know, it's pretty important to have a planet that rotates.



National Static Electricity Day (9th) – for all of you who love rubbing balloons against your head and sticking them to things!



Dress Up Your Pet Day (14th)- because dogs and cats LOVE costumes!

Appreciate a Dragon Day (16th)- Personally, I think we should appreciate dragons every day!



Thesaurus Day (18th)- A brilliant holiday for word lovers! A radiant festival for logophiles! (If you see what I did there, this holiday is for you)

Answer Your Cat's Questions Day (22nd) – I don't even know where to begin.

Rubber Ducky Day (28th)- Rubber Ducky, you're the one!



Parents – View your student's lunch balance and make payments at 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!