



Coventry Grammar School



February 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



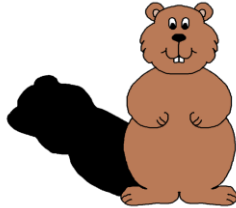
Find these symbols on this menu to check out our newest, scratch made recipes!



MONDAY



TUESDAY



WEDNESDAY





THURSDAY

FRIDAY

Like us on Facebook! @CoventryAndoverSchoolFoodService

Follow us on Twitter! @CPS AES SchFood

<p>5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets 2. Macaroni and Cheese 3. 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>6</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>7</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 Apple Sauce & other assorted fruit</p>	<p>8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup 2. Sausage Patty 3. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Orange Slices & other assorted fruit</p>	<p>9</p> <p>Chinese New Year</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mandarin Orange Chicken 2. Asian Fried Rice 3. Hot Dog 3. Yogurt Plate <p>Fortune Cookie!</p> <p><u>Choose up to Three</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Strawberries & other assorted fruit</p>
<p>12</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 Fresh Apples & other assorted fruit</p>	<p>13</p> <p><u>Choose one</u></p> <p>Pasta and Meatballs with Marinara Sauce</p> <ol style="list-style-type: none"> 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>14</p> <p>Valentines Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Heart Shaped Chicken Nuggets & Mac & Cheese 2. Hot Dog 3. Yogurt Plate <p>Red Jello!</p> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles and Syrup 2. Sausage Patty 3. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Parmesan Potatoes Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>16</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 Fresh Oranges & other assorted fruit</p>
<p>19</p>  <p>School will be closed today to celebrate Presidents' Day</p>	<p>20</p>  <p>School will be closed today for Staff Development</p>	<p>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick & Marinara Sauce 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>22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks 2. Sausage Patty 3. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>23</p> <p>Spirit Day!</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 Strawberries & other assorted fruit</p>



26	27	28	29	1
<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 Fresh Pears & other assorted fruit	<u>Choose one</u> 1. Ravioli with Marinara Sauce & Roll 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Green Bean Italiano Fresh Baby Carrots Raisins & other assorted fruit	<u>Choose one</u> 1. Cheese Pizza Bites with Marinara Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Apple Sauce & other assorted fruit	<u>Choose one</u> 1. Pancakes and Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate Apple Pie Granola! <u>Choose up to Three</u> Baked Hash Brown Fresh Baby Carrots Orange Slices & other assorted fruit	<u>Choose one</u> 1. Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate Sweet Treat! <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Strawberries & other assorted fruit

**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!



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!



February Nutrition tip: Eat the rainbow! Eating a variety of fruits and vegetables of different colors will provide you with necessary nutrients and keep you healthy.

- **Red-** Good for your heart and blood health. Foods like cherries, tomatoes, and red peppers!
- **Orange-** Prevent and reduce the risk of cancer. Foods like pumpkin, carrots, and mangoes!
- **Yellow-** Good for your skin, heart, and eyes. Helps prevent you from getting sick. Foods like bananas, summer squash, pineapple, and corn!
- **Green-** Good for your bones and helps Good for your bones and helps your body fight sickness. Foods like broccoli, kiwi, cucumber, and spinach!
- **Blue-** Improves memory and brain function. Food like blueberries and blackberries!
- **Purple-** Helps fight inflammation in your body. Foods like grapes, figs, onions, and eggplant!

Rainbow Roasted Vegetables

Ingredients:

- 2 red bell peppers
- 4 carrots
- 2 yellow squashes
- 1 pound broccoli
- 1 red onion
- ½ tsp kosher salt
- ¼ tsp black pepper
- 3 tbsp olive oil

Method:

- Preheat oven to 400 degrees.
- Cut vegetables into bite sized pieces.
- Toss vegetables in oil, salt, and pepper.
- Arrange in a single layer on a cookie sheet.
- Cook for 20-25 minutes until for tender.
- Enjoy!



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! Call or email 860-742-4535 or bpratt@coventryct.org.

This institution is an equal opportunity provider.