



Coventry Grammar School



March 2024

Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Bfst	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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Celebrate National School Breakfast Week!

March 4 - 8, 2024

Students will receive a prize for every breakfast purchased this week.



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




<p>4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets 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>5</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>6</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>Sweet Mashed Butternut Fresh Baby Carrots Apple Sauce & other assorted fruit</p>	<p>7</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles and Syrup Sausage Patty 2. 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>8</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 Strawberries & other assorted fruit</p> <p>Early Release Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 
<p>11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders 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>12</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 Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>13</p> <p>Early Release Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 	<p>14</p> <p>Early Release Bagged Lunch</p> <p>Turkey & Cheese on Roll Baked Potato Chips Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 	<p>15</p> <p>Early Release Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 
<p>18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Shamrock Shaped Nuggets 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Fresh Pears & other assorted fruit</p> 	<p>19</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><u>Choose up to Three</u></p> <p>Refried Beans or Corn Fresh Baby Carrots Orange Smiles & other assorted fruit</p>	<p>20</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>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Apple Sauce & other assorted fruit</p> 	<p>22</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>

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<p>25</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 Fresh Pears & other assorted fruit</p>	<p>26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Ravioli with Marinara Sauce & Roll 2. Cheeseburger 3. Yogurt Plate <p><i>New!</i> <u>Choose up to Three</u></p> <p>Green Bean Italiano Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Bites with Marinara Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Apple Sauce & other assorted fruit</p>	<p>28</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><i>New!</i> <u>Choose up to Three</u></p> <p>Apple Pie Granola! Baked Hash Brown Fresh Baby Carrots Orange Slices & other assorted fruit</p>	<p>29</p>  <p>School will be closed today to celebrate Good Friday!</p>
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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!



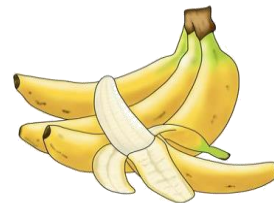
Physical Activity Tip: Kids and teens aged 6-17 need 60 minutes of physical activity every day! Here are some ways to get physically active throughout the day:

- Walk your dog in the morning.
- Do some pushups at home.
- Take the stairs when you can.
- Play a sport with friends afterschool.
- Take a walk with your family after dinner.



DID YOU KNOW?

- Applesauce was the first food eaten in space.
- Pistachios are fruits.
- Cucumbers are 95% water.
- French fries were invented in Belgium, not France.
- The average American eats about 50 hot dogs per year.
- There are over 600 different types of pasta shapes produced worldwide.
- Ben & Jerry's is the leading ice cream brand in the United States.
- Rows of corn are always an even number.
- Avocados are fruits.
- There are more than 10,000 difference varieties of tomatoes.
- A spoonful of sugar can cure your hiccups.
- One cluster of bananas is called a hand.



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.