



Coventry Grammar School

April 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 grain rich for better health!



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April Fools Day! 1 <u>Choose one</u> 1. Emoji Shaped Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Emoji Fries Fresh Baby Carrots Raisins & other assorted fruit	2 <u>Choose one</u> 1. Corn Dog Nuggets 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	3 <u>Choose one</u> 1. Mozzarella Sticks with Marinara Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Apple Sauce & other assorted fruit	4 <u>Choose one</u> 1. Waffles and Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Fresh Baby Carrots Orange Slices & other assorted fruit	5 <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 Strawberries & other assorted fruit
8 <u>Choose one</u> 1. Chicken Tenders Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Raisins & other assorted fruit	9 <u>Choose one</u> 1. Pasta and Meatballs with Marinara Sauce 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	10 <u>Choose one</u> 1. Mandarin Orange Chicken Fluffy Rice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Apple Sauce & other assorted fruit	11 <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 Orange Slices & other assorted fruit	12 <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 Strawberries & other assorted fruit

Spring Break April 15 - 19, 2024

22 <u>Choose one</u> 1. Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Fresh Pears & other assorted fruit	23 <u>Choose one</u> 1. Totally Taco MaxSnax Mexican Rice 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans or Corn Fresh Baby Carrots Orange Smiles & other assorted fruit	24 <u>Choose one</u> 1. Cheese Filled Bread Stick & Marinara Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	25 <u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Fresh Baby Carrots Apple Sauce & other assorted fruit	Spirit Day! 26 <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
29 <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	30 <u>Choose one</u> 1. Ravioli with Marinara Sauce & Roll 2. Cheeseburger 3. Yogurt Plate New! <u>Choose up to Three</u> Green Bean Italiano Fresh Baby Carrots Raisins & other assorted fruit	1 <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	2 <u>Choose one</u> 1. Pancakes and Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate New! <u>Choose up to Three</u> Apple Pie Granola! Baked Hash Brown Fresh Baby Carrots Orange Slices & other assorted fruit	3 <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 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!

Save money and time by buying school lunch!

Here's a breakdown of what a typical lunch brought from home may cost VS. the cost of school lunch at Coventry Public Schools! (Prices are based on average retail costs of lunch ingredients. Some parents may choose to buy more or less expensive items.)

Turkey sandwich

2 slices of whole wheat bread (at \$4.35 per loaf) = \$0.22
2 oz. sliced turkey breast (at \$10.72 per pound) = \$1.34
1 oz. American cheese (at \$5.99 per pound) = \$0.37

Snack

1.5 oz Cheez It (at \$0.53 per oz) = \$0.79

Veggies

½ cup of baby carrots (at \$1.34 per pound) = \$0.33
1 oz Ranch dressing (at \$0.24 per oz) = \$0.24

Fruit

1 medium banana = \$0.22

Drink

Juice box (at \$3.19 for a box of 10) = \$0.31

Total= \$3.82



Other factors to consider... lunchbox costs, plastic baggies for snacks, and most importantly the **TIME** it takes to pack a lunch!!

What does lunch cost at Coventry Public Schools?

GHR, CGS, AES: \$3.00

CNH: \$3.25

CHS: \$3.50

Don't forget that breakfast is FREE for all students!

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.