



# Coventry Grammar School

## November 2024



### Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	\$2.25
Reduced Price Bfst	FREE
Milk only	\$0.75
Adult Lunch	\$5.00
Adult Breakfast	\$2.75

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> <u>Choose one</u> 1. Crispy Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate  <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	<b>5</b>  School will be closed for Election Day	<b>6</b> <b>Early Release</b> <b>Bagged Lunch</b> Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk 	<b>7</b> <b>Early Release</b> <b>Bagged Lunch</b> Turkey & Cheese on Roll Baked Potato Chips Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk 	<b>8</b> <b>Early Release</b> <b>Bagged Lunch</b> Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk 
<b>11</b> <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 Assorted Fruit Choices	<b>12</b> <u>Choose one</u> 1. Stuffed Crust Pizza 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	<b>13</b> <u>Choose one</u> 1. Cheese Pizza Bites with Marinara Sauce 2. Hot Dog 3. Yogurt Plate  <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Assorted Fruit Choices	<b>14</b> <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 Assorted Fruit Choices	<b>15</b> <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 Assorted Fruit Choices
<b>18</b> <u>Choose one</u> 1. Crispy Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate  <u>Choose up to Three</u> Marinated Chick Pea Salad Fresh Baby Carrots Assorted Fruit Choices	<b>19</b> <u>Choose one</u> 1. Corn Dog Nuggets 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Baked French Fries Fresh Baby Carrots Assorted Fruit Choices	<b>20</b> <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 Assorted Fruit Choices	<b>21</b> <u>Choose one</u> 1. Waffles & Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choices	<b>22</b> <b>Spirit Day!</b> <u>Choose one</u> 1. Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate <b>Sweet Treat!</b> <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices
<b>25</b> <u>Choose one</u> 1. Holiday Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate  <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	<b>26</b> <u>Choose one</u> 1. Cheese Pizza Slice 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices	<b>27</b> <b>Early Release</b> <b>Bagged Lunch</b> Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk 	<b>28</b> School will be closed today to celebrate the Thanksgiving Holiday!  Happy Thanksgiving	<b>29</b>



### **Substitute Kitchen Help needed!**

#### **Come Join Our Amazing Team!**

The Coventry/Andover School Food Service is now hiring 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 us for Breakfast!**

#### **Just \$2.25\* for all Students!**

Mondays: Pancakes or Waffles

Tuesdays: Donut Stick

Wednesdays: Assorted Muffins

Thursdays: Assorted Danish

Fridays: Cinnamon Roll

Assorted Cereal is available every day.

All choices come with Fruit, Juice and Milk

*\*Students approved for FREE or Reduced lunches are automatically eligible for FREE breakfast*

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



### **DID YOU KNOW?**

- ◆ The first Thanksgiving was celebrated in 1691.
- ◆ A ripe cranberry will bounce!
- ◆ All turkeys and chickens have wishbones.
- ◆ Abraham Lincoln declared a national day of Thanksgiving in 1863.
- ◆ The first Macy's Thanksgiving Day Parade was held in 1924.
- ◆ The U.S. Department of Agriculture estimates that Americans eat more than 46 million turkeys on Thanksgiving Day each year. This is about 88% of Americans, and represents almost 3 pounds of turkey per person!



#### ***November Nutrition Tip:***

***November is National Apple Month! Did you know that apples can be very beneficial to your health? Check out these impressive benefits of eating these delicious fruit.***

Apples are:

- Nutritious
- Could be good for your heart
- Linked to a lower risk of diabetes
- May support weight loss
- May promote gut health
- Might help prevent cancer
- Could help fight asthma
- May help protect your brain



#### ***November Physical Activity Tip:***

***Always put safety first when exercising. See these safe exercise guidelines:***

- Use Proper Equipment.
- Replace your athletic shoes as they wear out.
- Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility.
- Warm Up.
- Stretch.
- Take Your Time.
- Drink Water.
- Cool Down.
- Rest.



**NEW!** Parents – Log onto [family.schoolcafe.com](http://family.schoolcafe.com) or download the "SchoolCafe Family Hub" app to view your student's lunch balance and make payments.

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](mailto:bpratt@coventryct.org).**

*This institution is an equal opportunity provider.*