



Coventry Grammar School

December 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
2 <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	3 <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 Assorted Fruit Choices	4 <u>Choose one</u> 1. Pasta and Meatballs Marinara Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Assorted Fruit Choices	5 <u>Choose one</u> 1. Pancakes & Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choices	6 Early Release Bagged Lunch Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk 
9 <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	10 <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	11 <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	12 <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	13 Pajama Day! <u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choices 
16 <u>Choose one</u> 1. Holiday Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Marinated Chick Pea Salad Fresh Baby Carrots Assorted Fruit Choices	17 <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	18 <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	19 <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	20 Early Release Bagged Lunch Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk Sweet Treat! 



Winter Vacation December 23 - January 1



Parents – Log onto 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.

This institution is an equal opportunity provider.



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

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



**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!

***December Physical
Activity Tip: Benefits!***

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Decrease your chances of becoming depressed.
- Sleep well at night.
- Move around more easily.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!



***December Nutrition Tip:
Keep your Holidays Healthy!***

1. *Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!*
2. *Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!*
3. *Don't forget to fill up on fruit and veggies! At least 5 servings per day!*
4. *Try this Fall Harvest Pumpin Yogurt Dip recipe!*

Ingredients

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

Method

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat, 1 g sat. fat, 5 g carb

Enjoy!