



Coventry Grammar School

February 2025





Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	\$2.25
Reduced Price Bfast	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
3 <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	4 <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	5 <u>Choose one</u> 1. Cheese Pizza Bites Marinara Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Assorted Fruit Choices	6 <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	7 <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
10 <u>Choose one</u> 1. Chicken 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	11 <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	12 <u>Choose one</u> 1. Mozzarella Sticks with Marinara Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	National Pancake Day! 13 <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	Valentines Day! 14 <u>Choose one</u> 1. Holiday Nuggets Seasoned Noodles 2. Hot Dog 3. Yogurt Plate Red Jello! <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices
17  School will be closed today to celebrate Presidents' Day!	18  School will be closed today for Staff Development	19 <u>Choose one</u> 1. Cheese Filled Bread Stick Marinara Dipping Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	20 <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 Assorted Fruit Choices	21 <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
24 <u>Choose one</u> 1. Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	25 <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	26 <u>Choose one</u> 1. Personal Pan Cheese Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Assorted Fruit Choices	27 <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	Spirit Day! 28 <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 Assorted Fruit Choices

Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition



**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!

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 tbs 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 – Log onto family.schoolcafe.com or download the "SchoolCafe Family Hub" app to view your student's account 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.