



Coventry Grammar School

March 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!

~ Celebrate National School Breakfast Week! March 3 - 7, 2025 ~

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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 Assorted Fruit Choices</p>	<p>4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Bites Marinara Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choices</p>	<p>7</p> <p>Early Release Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 
<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Quesadilla 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choices</p>	<p>12</p> <p>Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 	<p>13</p> <p>Bagged Lunch</p> <p>Turkey & Cheese on Roll Baked Potato Chips Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 	<p>14</p> <p>Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Vegetable Sticks Farm Fresh Apple Chocolate Milk</p> 
<p>17</p> <p>St. Patrick's Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Holiday Nuggets Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Asian Orange Chicken Seasoned Rice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick Marinara Dipping Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>20</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 Assorted Fruit Choices</p>	<p>21</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 Assorted Fruit Choices</p>
<p>24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>25</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 Assorted Fruit Choices</p>	<p>26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choices</p>	<p>28</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 Assorted Fruit Choices</p> 

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CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition

31	April Fools Day! 1	2	3	4
<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>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Emoji Nuggets 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Smilie Fries Fresh Baby Carrots Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pasta and Meatballs 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>

**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 from FREE breakfast

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

March Nutrition Tips:

◆ Eat more green veggies!



◆ Eat the rainbow, try lots of colorful fruits and veggies!

◆ Try a new vegetable or fruit!



◆ Start your day with breakfast!

March Physical Activity Tips:

◆ Do jumping jacks or push ups during commercials when watching TV, or when taking a break from doing homework!



◆ Play tag with your friends at recess!



◆ Play a game with your friends, like basketball or soccer!

◆ Dance to your favorite song after school!

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.