



# Coventry Grammar School

# April 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

### April Fools Day! 1

#### Choose one

1. Emoji Nuggets Seasoned Noodles
2. Cheeseburger
3. Yogurt Plate

#### Choose up to Three

- Smilie Fries
- Fresh Baby Carrots
- Assorted Fruit Choices

## WEDNESDAY

2

#### Choose one

1. Pasta and Meatballs Marinara Sauce
2. Hot Dog
3. Yogurt Plate

#### Choose up to Three

- Fresh Green Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

## THURSDAY

3

#### Choose one

1. Pancakes and Syrup Sausage Patty
2. Cheeseburger
3. Yogurt Plate

#### Choose up to Three

- Baked Hash Brown
- Fresh Baby Carrots
- Assorted Fruit Choices

## FRIDAY

4

#### Choose one

1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate

#### Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Assorted Fruit Choices

7

Choose one

1. Chicken Nuggets Macaroni and Cheese
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Assorted Fruit Choices

8

Choose one

1. Cheese Quesadilla
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Corn Niblets
- Fresh Baby Carrots
- Assorted Fruit Choices

9

Choose one

1. Mozzarella Sticks Marinara Sauce
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Seasoned Green Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

10

Choose one

1. Waffles & Syrup Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Baked Hash Brown
- Fresh Baby Carrots
- Assorted Fruit Choices

11

Choose one

1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Assorted Fruit Choices



## Spring Break April 14 - 18, 2025



21

Choose one

1. Chicken Patty on a Bun
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

22

Choose one

1. Asian Orange Chicken Seasoned Rice
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Assorted Fruit Choices

23

Choose one

1. Cheese Filled Bread Stick Marinara Dipping Sauce
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Seasoned Green Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

24

Choose one

1. Waffles and Syrup Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Baked Hash Brown
- Fresh Baby Carrots
- Assorted Fruit Choices

25

**Spirit Day!**

Choose one

1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate

**Sweet Treat!**

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Assorted Fruit Choices

28

Choose one

1. Popcorn Chicken Seasoned Noodles
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

29

Choose one

1. Corn Dog Nuggets
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Baked French Fries
- Fresh Baby Carrots
- Assorted Fruit Choices

30

Choose one

1. Personal Pan Cheese Pizza
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Fresh Green Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

1

Choose one

1. French Toast Sticks Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Baked Hash Brown
- Fresh Baby Carrots
- Assorted Fruit Choices

2

Choose one

1. Cheese Pizza Slice
2. Hot Dog
3. Yogurt Plate

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Assorted Fruit Choices



**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!**

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 <b>Soda</b> 227 calories 20 fl. oz.	14 tsp 	49 min. 
 <b>Sports Drink</b> 125 calories 20 fl. oz.	9 tsp 	27 min. 
 <b>Energy Drink</b> 240 calories 16 fl. oz.	15 tsp 	52 min. 
 <b>Juice Drink</b> 305 calories 20 fl. oz.	17 tsp 	66 min. 
 <b>Fruit-flavored Soda</b> 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 <b>Vitamin-added Water</b> 125 calories 20 fl. oz.	8 tsp 	27 min. 
 <b>Sweetened Tea</b> 213 calories 20 fl. oz.	14 tsp 	46 min. 
 <b>Water</b> 0 calories 20 fl. oz.	0 tsp 	0 min. 

Parents – Log onto [family.schoolcafe.com](http://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.**

Visit <https://www.coventrypublicschools.org/district/wellness-committee> to be involved in school wellness!

Questions or comments about your student's lunches? We'd love to hear from you! Call the Food Service Office at 860-742-4535. **This institution is an equal opportunity provider.** **Follow us on Social Media!**



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition