

Coventry Grammar School

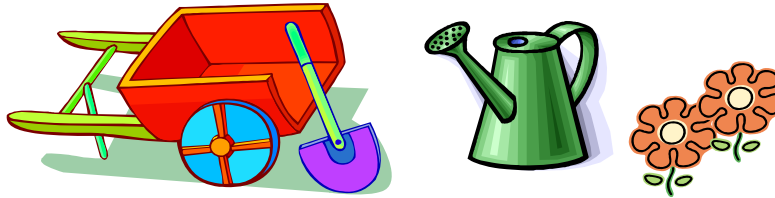
May, 2011

Meal Prices

Student Lunch.....\$2.00
 Milk only.....50¢
 Student Breakfast...\$1.25
 Adult Lunch.....\$3.50
 Adult Breakfast.....\$2.00



All Meals include a choice of Skim or 1% White Milk or 1/2 % Chocolate Milk



Also available daily for 85¢ are snacks which meet the CT Healthy Food Guidelines

Bottled Water is available for 85¢
 Fresh Fruit is 50¢

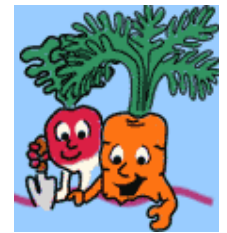
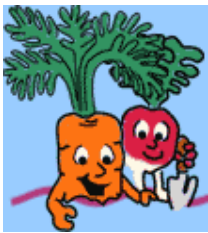


| Monday, May 2 | Tuesday, May 3 | Wednesday, May 4 | Thursday, May 5 | Friday, May 6 |
|--|--|---|---|--|
| <p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Fluffy Rice Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Sausage Links Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese Sandwich Corn Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Pattie on a Roll Cheeseburger Yogurt Plate <p>Assorted Jello!</p> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Cheese or Pepperoni Pizza Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> |
| <p>Monday, May 9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Nuggets Baked French Fries Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Tuesday, May 10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Cheese or Pepperoni Pizza Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Veggie Sticks Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Wednesday, May 11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Meatball Grinder Corn Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Potato Chips Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Thursday, May 12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Bacon Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Friday, May 13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Cheese or Pepperoni Pizza Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> |
| <p>Monday, May 16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Tenders Fluffy Rice Corn Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Veggie Sticks Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Tuesday, May 17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Links Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Wednesday, May 18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese Sandwich Corn Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Thursday, May 19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks with Sauce Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Potato Wedges Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> | <p>Friday, May 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Cheese or Pepperoni Pizza Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p> |



| Monday, May 23 | Tuesday, May 24 | Wednesday, May 25 | Thursday, May 26 | Friday, May 27 |
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| <u>Choose one</u> 1. Baked Chicken Nuggets Macaroni & Cheese 2. Corn Dog 3. Yogurt Plate <u>Choose up to Three</u> Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice | <u>Choose one</u> 1. Stuffed Crust Cheese or Pepperoni Pizza 2. Cheeseburger 3. Yogurt Plate Bear Shaped Cookie! <u>Choose up to Three</u> Veggie Sticks Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice | <u>Choose one</u> 1. Pancakes & Sausage Links 2. Hot Dog on a Roll 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice | <u>Choose one</u> 1. Nacho Grande 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice | <u>Choose one</u> 1. Stuffed Crust Cheese or Pepperoni Pizza 2. Hot Dog on a Roll 3. Yogurt Plate <u>Choose up to Three</u> Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice |

| Monday, May 30 | Tuesday, May 31 | Wednesday, June 1 | Thursday, June 2 | Friday, June 3 |
|---|---|--|---|--|
| <h1>No School</h1> <h1>Memorial</h1> <h1>Day</h1> | <u>Choose one</u> 1. Mozzarella Sticks with Sauce 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Potato Wedges Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice | <u>Choose one</u> 1. French Toast Sticks Sausage Links 2. Corn Dog 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice | <u>Choose one</u> 1. Popcorn Chicken Fluffy Rice 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice | <u>Choose one</u> 1. Stuffed Crust Pizza 2. Hot Dog on a Roll 3. Yogurt Plate <u>Choose up to Three</u> Choice of Vegetable Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice |



Grow veggies and flowers you like. Look through garden catalogs and cut out favorite vegetables and flowers.

Start with crops that mature quickly such as: lettuce, radishes, sunflowers, spinach, bush beans and zucchini.

Try something new! Plant a vegetable you have never eaten before! It will be fun to try a new taste that you have grown yourself!

If your home doesn't have a space outdoors, green onions, radishes, lettuce and herbs can be grown in a sunny window in plastic pots or a heavy duty ziploc-quart or gallon freezer bag.

Eat the food you grow! Have a salad party or help prepare a recipe using your vegetables.

Create a journal of your gardening experience. A journal could contain a map of the garden; what seeds were planted; what the weather was; pictures of what flowers were grown; who visited the garden; bees, bugs, birds & butterflies that were seen in the garden; and photos of the vegetables that were harvested.

