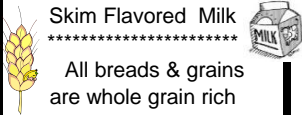


Meal Prices

**Student Lunch.....\$2.75**  
Milk only.....50¢  
Student Breakfast....\$1.75  
Adult Lunch.....\$4.00  
Adult Breakfast.....\$2.25

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!

# Coventry Grammar School



# April 2019

Also available for \$1.00  
are snacks & ice cream  
which meet the  
CT Healthy Food  
Guidelines

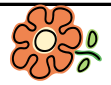
Bottled water is available  
for \$1.00  
Fresh Fruit is 50¢



Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
<b>April Fools Day!</b> <u>Choose one</u> Chicken Giggles (Smilie Chicken Nuggets) 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> ☺ <b>Smilie Fries!</b> ☺ Fresh Baby Carrots Sliced Pears & other assorted fruit	<u>Choose one</u> 1. BBQ Rib on a Roll 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Raisins & other assorted fruit	<u>Choose one</u> 1. Pancakes and Syrup Sausage Links 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> Baked Tater Tots Fresh Baby Carrots Strawberry Cups & other assorted fruit	<u>Choose one</u> 1. Mexican Beef Taco & Rice Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit	<u>Choose one</u> 1. Cheese or Pepperoni Pizza Slice 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> Vegetable Sticks Fresh Baby Carrots Wild Blueberries & other assorted fruit
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<u>Choose one</u> 1. Baked Chicken Nuggets Seasoned Noodles 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> Fresh Broccoli Fresh Baby Carrots Orange Smiles & other assorted fruit	<u>Choose one</u> 1. Stuffed Crust Cheese Pizza 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Vegetable Sticks Fresh Baby Carrots Fresh Apples & other assorted fruit	<b>Half Day!</b> <b>Bagged Lunch</b> Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Baby Carrots Farm Fresh Apple Chocolate Milk  	<u>Choose one</u> 1. Waffles & Syrup Sausage Links 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Baked Tater Tots Fresh Baby Carrots Sliced Peaches & other assorted fruit	<u>Choose one</u> 1. Cheese or Pepperoni Pizza Slice 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> Vegetable Sticks Fresh Baby Carrots Wild Blueberries & other assorted fruit



## Spring Vacation April 15 - 19



Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
<u>Choose one</u> 1. Baked Popcorn Chicken Fluffy Rice 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> Marinated Chick Peas Fresh Baby Carrots Sliced Peaches & other assorted fruit	<u>Choose one</u> 1. Baked Mozzarella Sticks Marinara Dipping Sauce 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	<u>Choose one</u> 1. Macaroni & Cheese Dinner Roll 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> Fresh Broccoli Fresh Baby Carrots Sliced Pears & other assorted fruit	<u>Choose one</u> 1. French Toast Sticks Sausage Links 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Baked Tater Tots Fresh Baby Carrots Orange Smiles & other assorted fruit	<b>Spirit Day!</b> <u>Choose one</u> 1. Personal Pan Pizza 2. Hot Dog on a Roll 3. Yogurt Plate  <b>Mini Rice Krispie Treats!</b> <u>Choose up to Three</u> Vegetable Sticks Fresh Baby Carrots Raisins & other assorted fruit



**Parents:** Visit [www.myschoolaccount.com](http://www.myschoolaccount.com) to view your student's lunch balance and make payments .  
**If you choose to send in cash, please make sure to label it with your student's name.**

Bagged Lunches are available for field trips from your school kitchen!  
Call 860-742-4554 or stop by the kitchen the day before the trip to order!

Questions or comments about your student's lunches? **We'd love to hear from you!**



Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
<u>Choose one</u> 1. Baked Chicken Patty Sandwich, Lettuce & Tomato 2. Hot Dog on a Roll 3. Yogurt Plate	<u>Choose one</u> 1. Pancakes and Syrup Sausage Links 2. Cheeseburger 3. Yogurt Plate	<u>Choose one</u> 1. Baked Mozzarella Sticks Marinara Dipping Sauce 2. Hot Dog on a Roll 3. Yogurt Plate	<u>Choose one</u> 1. Ravioli with Marinara Sauce & Roll 2. Cheeseburger 3. Yogurt Plate	<u>Choose one</u> 1. Cheese or Pepperoni Pizza Slice 2. Hot Dog on a Roll 3. Yogurt Plate
<u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	<u>Choose up to Three</u> Baked Tater Tots Fresh Baby Carrots Sliced Pears & other assorted fruit	<u>Choose up to Three</u> Carrot Coins Fresh Baby Carrots Sliced Peaches & other assorted fruit	<u>Choose up to Three</u> Fresh Green Beans Fresh Baby Carrots Strawberries & other assorted fruit	<u>Choose up to Three</u> Vegetable Sticks Fresh Baby Carrots Wild Blueberries & other assorted fruit

# Come join us for Breakfast!

Just \$1.75\*

- Mondays: Pancakes or Waffles**
- Tuesdays: Bagel & Cream Cheese**
- Wednesdays: Assorted Muffins**
- Thursdays: Bagel & Cream Cheese**
- Fridays: Cinnamon Roll**

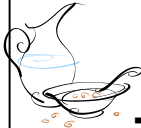
Assorted Cereal is available every day

All choices come with Fruit, Orange Juice and Milk

\* Students approved for FREE lunch are automatically eligible for FREE Breakfast.

\* Breakfast for students approved for REDUCED meals is just 20¢.

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



### What's in a Yogurt Plate?

**Monday, Wednesday, Friday**  
 Yogurt String Cheese  
 Fresh Bagel  
 Choice of Fruit  
 Choice of Milk  
 Choice of Baby Carrots or Vegetable of the Day

**Tuesday, Thursday**  
 Yogurt String Cheese  
 Soft Pretzel - *now bigger!*  
 Choice of Fruit  
 Choice of Milk  
 Choice of Baby Carrots or Vegetable of the Day



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



Follow us on Twitter!  
 @CoveAndoSchFood



### April Physical Activity Tip: Walk! Walk! Walk!

Find a walking buddy!



- Having a walking buddy:
- makes walking more fun
  - helps you stay motivated.
  - helps you to stick with it.

Who makes a good walking buddy? Consider taking walks with family members, neighbors, friends or a four legged furry companion!



While any physical activity is beneficial, remember that walking is the original exercise! Find a walking trail. Some national parks have trails marked as easy, moderate and more advanced levels. So use your legs, the original exercise equipment, to move your body!



### April Nutrition Tip: Eat Your Colors!

All the vibrant colors in fruit and vegetables come from natural plant chemicals that have healthy effects on our bodies. Different colours have different effects, so it's good to eat a variety of different colors each day. Have a colorful snack of different fruits and berries, or chop vegetables into interesting shapes to make them more fun and exciting.

### EAT COLORS FOR YOUR HEALTH

- WHITE** to strengthen the immune system (Garlic, Onion)
- GREEN** to purify with detoxification (Spinach, Broccoli)
- RED** to improve heart and blood health (Tomato, Strawberry)
- YELLOW** to fortify skin elasticity (Lemon, Bell Pepper)
- ORANGE** to prevent cancers (Carrot, Orange)
- PURPLE** to increase longevity (Blueberry, Grape)

rawforbeauty.com