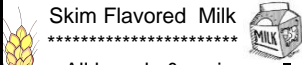


**Meal Prices**

**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

# February 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, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked Popcorn Chicken Fluffy Rice</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Marinated Chick Peas                      Fresh Baby Carrots                      Sliced Peaches                      &amp; other assorted fruit</p>	<p><b>Chinese New Year!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Asian Tangerine Chicken with Fluffy Rice &amp; Roll</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli                      Fresh Baby Carrots                      Raisins                      &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Macaroni &amp; Cheese Dinner Roll</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans                      Fresh Baby Carrots                      Sliced Pears                      &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks Sausage Links</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots                      Fresh Baby Carrots                      Orange Smiles                      &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese or Pepperoni Pizza Slice</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Vegetable Sticks                      Fresh Baby Carrots                      Fresh Apples                      &amp; other assorted fruit</p>
<p>Monday, February 11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked Chicken Patty Sandwich, Lettuce &amp; Tomato</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans                      Fresh Baby Carrots                      Fresh Apples                      &amp; other assorted fruit</p>	<p>Tuesday, February 12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pancakes and Syrup Sausage Links</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots                      Fresh Baby Carrots                      Sliced Pears                      &amp; other assorted fruit</p>	<p>Wednesday, February 13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked Mozzarella Sticks Marinara Dipping Sauce</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Carrot Coins                      Fresh Baby Carrots                      Sliced Peaches                      &amp; other assorted fruit</p>	<p>Thursday, February 14</p> <p><b>Valentines Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Heart Shaped Chicken Nuggets &amp; Mac &amp; Cheese</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><b>Red Jello!</b></p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli                      Fresh Baby Carrots                      Strawberry Cups                      &amp; other assorted fruit</p>	<p>Friday, February 15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese or Pepperoni Pizza Slice</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Vegetable Sticks                      Fresh Baby Carrots                      Wild Blueberries                      &amp; other assorted fruit</p>
<p>Monday, February 18</p>  <p><b>School will be closed today to celebrate Presidents' Day</b></p>	<p>Tuesday, February 19</p>  <p><b>School will be closed today for Winter Break</b></p>	<p>Wednesday, February 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Ravioli with Marinara Sauce &amp; Roll</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans                      Fresh Baby Carrots                      Wild Blueberries                      &amp; other assorted fruit</p>	<p>Thursday, February 21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Waffles &amp; Syrup Sausage Links</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots                      Fresh Baby Carrots                      Orange Smiles                      &amp; other assorted fruit</p>	<p>Friday, February 22</p> <p><b>Spirit Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Personal Pan Pizza</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><b>Pudding!</b></p> <p><u>Choose up to Three</u></p> <p>Vegetable Sticks                      Fresh Baby Carrots                      Raisins                      &amp; other assorted fruit</p>

**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.

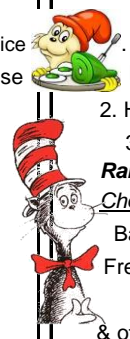


Bagged Lunches are available for field trips from your school kitchen!  
 Call 860-742-4554 or stop by the kitchen the day before the trip to order!

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



Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	Friday, March 1
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked Chicken Tenders Seasoned Noodles</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>BBQ Rib on a Roll</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><b>Jello!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Apple Sauce &amp; other assorted fruit</p>	<p><b>National Strawberry Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pancakes and Syrup Sausage Links</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Strawberry Cups &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mexican Beef Taco &amp; Rice Lettuce, Tomato &amp; Cheese</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p><b>Dr. Seuss's Birthday!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Green Eggs &amp; Ham English Muffin</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><b>Rainbow Goldfish!</b></p> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>



## 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**

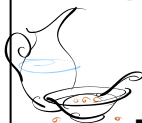
Assorted Cereal is available every day

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

**February Physical Activity Tip:** In winter, the weather sometimes make it hard to keep moving toward our own exercise goals. If you're not a world-class winter athlete, or can't stand going out in the cold, how can you stay active in winter? What can you do to keep moving throughout the year?

Here are some tips that may help:

- Choose activities that are fun. In all seasons, people are more likely to be active if they like what they are doing. In winter, you may enjoy a brisk walk at a local shopping center or a dance class.
- You can do many activities to strengthen muscles indoors. As the [Physical Activity Guidelines for Americans](#) recommend, do 2 or more days per week of strengthening activities such as lifting light weights, doing full or modified push-ups, or working with resistance bands.
- Keep an activity log to track your progress.
- If your time is limited, do 10 minutes of exercise at a time. Spread these bursts of activity out throughout the day. Every little bit counts!

### February Nutrition Tip: Maintain Energy with Nutrition this Winter

Along with cold temperatures and shorter days, winter often means a lack of energy and motivation for many people. Sugary treats and comfort foods always seem to be around, and the cold weather can make the gym feel like the last place you want to go. Whether you find yourself with a little less energy, a case of the winter blues, or something more serious, a nutritious diet can help you this season. To help you get started, nutrition experts at UPMC Sports Medicine offer six areas to focus on for improving your diet this winter.

- Focus on Healthy Carbs like nuts and whole grains
- Eat foods high in Vitamins C, D, and Zinc to help you stay healthy.
- Keep Your Diet Full of Fruits and Vegetables.
- Drink More Water and Tea to stay hydrated.
- Practice Moderation with sweets and treats.
- Eat On a Regular Schedule to help prevent over-eating and keep energy high.

Follow us on Twitter!  
@CoveAndoSchFood



Like us on Facebook!

[www.facebook.com/CoventryAndoverSchoolFoodService](http://www.facebook.com/CoventryAndoverSchoolFoodService)