

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

January

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¢



Wednesday, January 2

Choose one

1. Baked Mozzarella Sticks
Marinara Dipping Sauce
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Carrot Coins
 Fresh Baby Carrots
 Fresh Apples
 & other assorted fruit

Thursday, January 3

Choose one

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

Choose up to Three

Baked Tater Tots
 Fresh Baby Carrots
 Orange Smiles
 & other assorted fruit

Friday, January 4

Choose one

1. Cheese or Pepperoni
Pizza Slice
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Vegetable Sticks
 Fresh Baby Carrots
 Fresh Apples
 & other assorted fruit

Monday, January 7

Choose one

1. Baked Chicken Patty
Sandwich, Lettuce & Tomato
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Baked Beans
 Fresh Baby Carrots
 Fresh Apples
 & other assorted fruit

Tuesday, January 8

Choose one

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

Choose up to Three

Fresh Green Beans
 Fresh Baby Carrots
 Sliced Pears
 & other assorted fruit

Wednesday, January 9

Choose one

1. Asian Tangerine Chicken
with Fluffy Rice & Roll
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Fresh Broccoli
 Fresh Baby Carrots
 Sliced Peaches
 & other assorted fruit

Thursday, January 10

Choose one

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

Choose up to Three

Baked Tater Tots
 Fresh Baby Carrots
 Strawberry Cups
 & other assorted fruit

Friday, January 11

Choose one

1. Cheese or Pepperoni
Pizza Slice
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Vegetable Sticks
 Fresh Baby Carrots
 Wild Blueberries
 & other assorted fruit

Monday, January 14

Choose one

1. Baked Chicken Nuggets
Seasoned Noodles
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Baked Beans
 Fresh Baby Carrots
 Sliced Pears
 & other assorted fruit

Tuesday, January 15

Choose one

1. Corn Dog Nuggets
Baked French Fries
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Fresh Broccoli
 Fresh Baby Carrots
 Sliced Peaches
 & other assorted fruit

Wednesday, January 16

Choose one

1. Ravioli with
Marinara Sauce & Roll
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Fresh Green Beans
 Fresh Baby Carrots
 Orange Smiles
 & other assorted fruit

Thursday, January 17

Choose one

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

Choose up to Three

Baked Tater Tots
 Fresh Baby Carrots
 Wild Blueberries
 & other assorted fruit

Friday, January 18
Winnie the Pooh Day!

Choose one

1. Cheese or Pepperoni
Pizza Slice
2. Hot Dog on a Roll
3. Yogurt Plate

Honey Graham Bear Cookie!

Choose up to Three

Vegetable Sticks
 Fresh Baby Carrots
 Raisins
 & other assorted fruit





Parents: Visit 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!**



<p>Monday, January 21</p>  <p>School will be closed today to celebrate Martin Luther King's Day!</p>	<p>Tuesday, January 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. BBQ Rib on a Roll 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Apple Sauce & other assorted fruit</p>	<p>Wednesday, January 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mexican Beef Taco & Rice Lettuce, Tomato & Cheese 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Thursday, January 24</p> <p>National Compliment Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup Sausage Links 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Friday, January 25</p> <p>Spirit Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Pizza 2. Hot Dog on a Roll 3. Yogurt Plate <p>Jello!</p> <p><u>Choose up to Three</u></p> <p>Vegetable Sticks Fresh Baby Carrots Strawberry Cups & other assorted fruit</p>
<p>Monday, January 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Baked Chicken Nuggets Seasoned Noodles 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Orange Smiles & other assorted fruit</p>	<p>Tuesday, January 29</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Cheese Pizza 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Vegetable Sticks Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Wednesday, January 30</p> <p>Half Day!</p> <p>Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Baby Carrots Farm Fresh Apple Chocolate Milk</p> 	<p>Thursday, January 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup Sausage Links 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Friday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese or Pepperoni Pizza Slice 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Vegetable Sticks Fresh Baby Carrots Raisins & 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



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January Health Tip: Get your ZZZZZZZ's!

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.



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Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.

