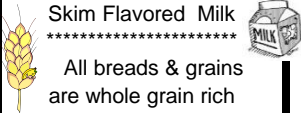


**Meal Prices**

**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



## 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¢



**Follow us on Twitter!**



**@CoveAndoSchFood**

**Like us on Facebook!**



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

**Wednesday, May 1**

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
- Sliced Peaches
- & other assorted fruit

**Thursday, May 2**

Choose one

1. Ravioli with  
 Marinara Sauce & Roll
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Fresh Green Beans
- Fresh Baby Carrots
- Strawberries
- & other assorted fruit

**Friday, May 3**

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, May 6**

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, May 7**

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, May 8**

Choose one

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

Choose up to Three

- Fresh Green Beans
- Fresh Baby Carrots
- Raisins
- & other assorted fruit

**Thursday, May 9**

Choose one

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

Choose up to Three

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

**Friday, May 10**

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, May 13**

Choose one

1. Baked Chicken Tenders  
 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, May 14**

Choose one

1. BBQ Rib  
 on a Roll
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Seasoned Green Beans
- Fresh Baby Carrots
- Raisins
- & other assorted fruit

**Wednesday, May 15**

Choose one

1. Mexican Beef Taco & Rice  
 Lettuce, Tomato & Cheese
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

- Corn Niblets
- Fresh Baby Carrots
- Sliced Peaches
- & other assorted fruit

**Thursday, May 16**

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, May 17**

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

**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!**

Call the Food Service Office at 860-742-4535. *This institution is an equal opportunity provider.*



<b>Monday, May 20</b> <u>Choose one</u> <b>Chicken Giggles</b> (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 Fresh Apples & other assorted fruit	<b>Tuesday, May 21</b> <u>Choose one</u> 1. Stuffed Crust Cheese Pizza 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit	<b>Wednesday, May 22</b> <u>Choose one</u> 1. Soft Chicken Taco Fluffy Rice 2. Hot Dog on a Roll 3. Yogurt Plate  <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	<b>Thursday, May 23</b> <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	<b>Friday, May 24</b> <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
<b>Monday, May 27</b>   School will be closed today to celebrate Memorial Day!	<b>Tuesday, May 28</b> <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	<b>Wednesday, May 29</b> <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	<b>Thursday, May 30</b> <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>Friday, May 31</b> <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

# 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



**May Nutrition Tip:** It's time to be good to your eyes! Eating better. Spend less time looking at digital devices. It's not just good for your body and mind—it's healthy for your eyes, too. Your eyes are unique and have their own nutritional needs. Getting the right nutrients to help nourish your eyes is a matter of choosing foods full of eye-healthy nutrients like Lutein, Zeaxanthin and Omega-3s. Lutein and Zeaxanthin cannot be produced by our bodies on their own, so they must be obtained through diet and/or supplements. But which foods, exactly?

**Leafy Vegetables – Richest Food Sources** - A single serving of cooked, frozen spinach contains close to 30 mg of lutein and zeaxanthin, which is the maximum amount present in any food, according to the USDA. The quantity of these two nutrients varies based on method of preparation, but cooked, frozen, fresh and canned dark green leafy vegetables such as kale, spinach, turnip greens, collards, dandelion greens, and mustard greens top the list with 8 to 25 mg of lutein and zeaxanthin per serving.

**Other Vegetable Sources** - All varieties of cooked summer and winter squash, peas, yellow corn, beet greens, pumpkin, Brussels sprouts, broccoli, romaine and iceberg lettuce, asparagus and carrots are good food sources of lutein and zeaxanthin and contain between 1 to 4 mg of lutein and zeaxanthin per serving.

**May Physical Activity Tip:**

While the benefits of daily exercise are numerous and well known, the benefits of a regular stretching routine are far less emphasized but just as important. Incorporating stretching into your daily workouts or into your regular day on their own is just as important to health and body functioning as regular exercise.

