



Coventry Grammar School

October 2022





<u>Meal Prices</u>	
Student Lunch	Free
Student Breakfast	Free
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50
Snacks	\$1.00
All Meals include a choice of White or Flavored Milk	
All breads & grains are whole grain rich for better health!	

GREAT NEWS! During the transition back to normal school operations in school year 2022-23, the Coventry/Andover School Food Service has opted in to the School Meals Assistance Revenue for Transition (SMART) funds providing meals (breakfast and lunch) **at no cost for all students at the beginning of the school year.** Please note that meals at no cost to all students *are unlikely to last all year and are subject to the availability of district funds.* Since the availability of meals at no cost will expire when all funds have been expended, it is critical that households submit a free and reduced-priced meal application as soon as possible to determine a student's eligibility for this school year and avoid unpaid meal charges.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>National Taco Day</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Totally Taco MaxSnax Mexican Rice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans or Corn Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Applesauce & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit</p>


National School Lunch Week! October 10 - 14, 2022

Students will receive a prize for every lunch purchased this week.

10	11	12	13	14
 <p>School will be closed today for October Break</p>	 <p>School will be closed today for Staff Development</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with Marinara Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles and Syrup 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit</p>
17	18	19	20	21
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Cheese Pizza 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick with Marinara 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Orange & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Syrup 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Applesauce & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Apples & other assorted fruit</p>

October Nutrition Tip: October 10 - 14, 2023 is celebrated as National School Lunch Week. Learning is tough work—and kids need fuel if they're going to learn! That's why a healthy midday meal is crucial to the growing children who go to school. Since 1962, when President John F. Kennedy created National School Lunch Week (NSLW), this annual observance has promoted the importance of a healthy school lunch in a child's life and the impact it has both in and out of the classroom.

Students will receive a prize for every lunch purchased this week.

24	25	26	27	28
<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	Spirit Day! <u>Choose one</u>
1. Crispy Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate	1. Stuffed Crust Pizza 2. Cheeseburger 3. Yogurt Plate	1. Mozzarella Sticks Marinara Sauce 2. Hot Dog 3. Yogurt Plate	1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate	1. Cheese Pizza 2. Hot Dog 3. Yogurt Plate
<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	 pudding! <u>Choose up to Three</u>
Seasoned Broccoli Fresh Baby Carrots Fresh Pears & other assorted fruit	Corn or Refried Beans Fresh Baby Carrots Fresh Oranges & other assorted fruit	Fresh Green Beans Fresh Baby Carrots Fresh Apples & other assorted fruit	Baked Hash Brown Fresh Baby Carrots Raisins & other assorted fruit	Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit
Happy Halloween! 31	1	2	3	4
<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>
1. Chicken Patty on a Bun  2. Hot Dog 3. Yogurt Plate	1. Corn Dog Nuggets 2. Cheeseburger 3. Yogurt Plate	1. Pasta and Meatballs with Marinara Sauce 2. Hot Dog 3. Yogurt Plate	1. Waffles & Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate	1. Cheese Pizza 2. Hot Dog 3. Yogurt Plate
Orange Jello!				
<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>
Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	Baked French Fries Fresh Baby Carrots Sliced Pears & other assorted fruit	Fresh Green Beans Fresh Baby Carrots French Oranges & other assorted fruit	Baked Hash Brown Fresh Baby Carrots Raisins & other assorted fruit	Fresh Vegetable Sticks Fresh Baby Carrots Applesauce & other assorted fruit

Come join us for Breakfast!

It's FREE!

Mondays: Pancakes or Waffles

Tuesdays: Donut Stick

Wednesdays: Assorted Muffins

Thursdays: Bagel & Cream Cheese

Fridays: Cinnamon Roll

Assorted Cereal is available every day.

All choices come with Fruit,
Juice and Milk

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



Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring part-time and substitute kitchen workers. Help contribute to the students' educational day by feeding them satisfying, healthy meals. This rewarding and convenient position is great for parents or grandparents of school-aged children. The hours are generally 10 am to 1:30 pm with some variation per school. If you are interested or would like *more* information, please call Beth Pratt, Director of School Food Services, at 860-742-4535 between 6:00 a.m. and 2:00 pm, Monday through Friday. To apply, go to <https://www.applitrack.com/coventry/onlineapp/>.

Come Join Our Amazing Team!

October Physical Activity Tip:

Wednesday, October 5 is National Walk to School Day. If you are able, join others around the globe by walking or biking to school during this one-day event that began in 1997. To increase physical activity, walk or bike to school throughout the year!

If you cannot walk to school from where you live, take a brisk 15 minute walk during the day. Can you walk a whole mile in 15 minutes? Challenge yourself!

Parents – Log onto
www.myschoolaccount.com to view
your student's lunch balance and make
payments. For more information about
your school lunch program, visit
**[http://www.coventrypublic
schools.org/district/food-services](http://www.coventrypublicschools.org/district/food-services)**.

Want to be involved in school wellness? Visit
**[https://www.coventrypublicschools.org/
district/wellness-committee](https://www.coventrypublicschools.org/district/wellness-committee)**.
**Questions or comments about
your student's lunches?**
We'd love to hear from you!
Call or email the Food Service Office at
860-742-4535 or bpratt@coventryct.org.