



# Coventry Grammar School

## January



Student Lunch...FREE  
 Student Breakfast.....FREE  
 Milk.....\$0.50  
 Adult Lunch.....\$4.50  
 Adult Breakfast.....\$2.25

All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk  
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All breads & grains are whole grain rich for better health!

## Great News! All Student Breakfast and Lunches will be served at NO COST for the entire school year!

**A-la-carte pricing still applies.**  
**All menus subject to change.**

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[@CoventryAndover](#)  
[SchoolFoodService](#)

**Follow us on Twitter!**  
[@CPS\\_AES\\_SchFood](#)

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli            Fresh Baby Carrots            Fresh Apples            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog Nuggets Baked French Fries</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. BBQ Rib on a Bun Seasoned Curly Fries</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Fresh Pears            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Applesauce            &amp; other assorted fruit</p>
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni and Cheese</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Filled Bread Stick &amp; Marinara Sauce</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Totally Taco MaxSnax Mexican Rice</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots            Fresh Baby Carrots            Fresh Apples            &amp; other assorted fruit</p>	<p><b>Half Day!</b>  <b>Bagged Lunch</b></p> <p>Fresh Yogurt &amp; Bagel            Mozzarella String Cheese            Fresh Vegetable Sticks            Farm Fresh Apple            Chocolate Milk</p>


## Come join us for Breakfast! It's FREE for All Students!

Mondays: Pancakes or Waffles  
 Tuesdays: Fresh Made Egg Sandwich  
 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!**



<p>Monday, January 17</p>  <p><b>School will be closed to celebrate Martin Luther King Day!</b></p>	<p>Tuesday, January 18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog Nuggets Baked French Fries</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>Wednesday, January 19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Filled Bread Stick &amp; Marinara Sauce</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p>Thursday, January 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles and Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Fresh Pears &amp; other assorted fruit</p>	<p>Friday, January 21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>
<p>Monday, January 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Tenders Seasoned Noodles</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pears &amp; other assorted fruit</p>	<p>Tuesday, January 25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Totally Taco MaxSnax Mexican Rice</li> <li>2. Cheeseburger</li> <li>3. 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>Wednesday, January 26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks Baked Tater Tots</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>	<p>Thursday, January 27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p>Friday, January 28</p> <p><b>Spirit Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Raisins &amp; other assorted fruit</p>
<p>Monday, January 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Crispy Popcorn Chicken Seasoned Noodles</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Fresh Pears &amp; other assorted fruit</p>	<p>Tuesday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken &amp; Cheese Quesadilla</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn or Refried Beans Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p>Wednesday, February 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pasta and Meatballs with Marinara Sauce</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Apples &amp; other assorted fruit</p>	<p>Thursday, February 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p>Friday, February 4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>

### 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!**

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

*This institution is an equal opportunity provider.*

Want to be involved in school wellness? Visit <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](mailto:bpratt@coventryct.org).