

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

Coventry Grammar School



Also available daily for \$1.00 are snacks which meet the CT Healthy Food Guidelines

Bottled water is available for \$1.00
Fresh Fruit is 50¢



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!

Celebrate National School Lunch Week!

October 12 - 16, 2020

Students will receive prizes daily when they purchase lunch from the school kitchen.

Follow us on Twitter!
@CoveAndoSchFood

www.facebook.com/CoventryAndoverSchoolFoodService

Visit <http://www.coventrypublicschools.org/district/food-services> for the link to sign up for weekend or holiday meals.

Thursday, October 1

Choose one

- Mandarin Orange Chicken with Fluffy Rice
- Cheeseburger
- Yogurt Plate

Choose up to Three

Asian Mixed Vegetables
Fresh Baby Carrots
Sliced Peaches
& other assorted fruit

Friday, October 2

World Smile Day!

Choose one

- Chicken Giggles (Smilie Chicken Nuggets)
- Hot dog on a Roll
- Yogurt Plate

Choose up to Three

☺ **Smilie Fries!** ☺
Fresh Baby Carrots
Fresh Orange
& other assorted fruit

Monday, October 5

Choose one

- Chicken Nuggets
- Macaroni & Cheese
- Hot dog on a Roll
- Yogurt Plate

Choose up to Three

Fresh Broccoli
Fresh Baby Carrots
Fresh Pears
& other assorted fruit

Tuesday, October 6

Choose one

- Corn Dog Nuggets
- Baked French Fries
- Cheeseburger
- Yogurt Plate

Choose up to Three

BBQ Baked Beans
Fresh Baby Carrots
Fresh Apples
& other assorted fruit

Wednesday, October 7

Choose one

- Pasta and Meatballs with Marinara Sauce
- Hot dog on a Roll
- Yogurt Plate

Choose up to Three

Green Beans
Fresh Baby Carrots
Raisins
& other assorted fruit

Thursday, October 8

Choose one

- Waffles and Syrup
- Sausage Patty
- Cheeseburger
- Yogurt Plate

Choose up to Three

Baked Tater Tots
Fresh Baby Carrots
Strawberries
& other assorted fruit

Friday, October 9

Choose one

- Stuffed Crust Cheese Pizza
- Hot dog on a Roll
- Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Fresh Orange
& other assorted fruit

Monday, October 12

School will be closed today for Columbus Day.

Chicken Patty or Yogurt Plate will be available for pick-up at Capt Nathan Hale School between 11:30-12:30 on October 7, frozen & ready to heat at home. Please pre-order by October 5.

Tuesday, October 13

School will be closed today for Staff Development

BBQ Rib on a Bun or Yogurt Plate will be available for pick-up at Capt Nathan Hale School between 12:30-1:00 on October 7, frozen & ready to heat at home. Please pre-order by October 5.

Wednesday, October 14

Choose one

- Mozzarella Sticks
- Baked Tater Tots
- Hot dog on a Roll
- Yogurt Plate

Choose up to Three

Green Beans
Fresh Baby Carrots
Raisins
& other assorted fruit

Thursday, October 15

Choose one

- Sweet and Sour Chicken with Fluffy Rice & Roll
- Cheeseburger
- Yogurt Plate

Choose up to Three

Fresh Broccoli
Fresh Baby Carrots
Fresh Apples
& other assorted fruit

Friday, October 16

Choose one

- French Bread Pizza
- Hot dog on a Roll
- Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Fresh Orange
& other assorted fruit

Come join us for Breakfast! It's FREE

- Mondays: Pancakes & Syrup
- Tuesdays: Fresh Made Bacon & 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, October 19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Crispy Popcorn Chicken Seasoned Noodles 2. Hot dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Tuesday, October 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Slice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Wednesday, October 21</p> <p>Half Day! Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Baby Carrots Farm Fresh Apple Chocolate Milk</p> 	<p>Thursday, October 22</p> <p>Half Day! Bagged Lunch</p> <p>Ham & Cheese on Roll Baked Potato Chips Fresh Baby Carrots Farm Fresh Apple Chocolate Milk</p> 	<p>Friday, October 23</p> <p>Half Day! Bagged Lunch</p> <p>Fresh Yogurt & Bagel Mozzarella String Cheese Fresh Baby Carrots Farm Fresh Apple Chocolate Milk</p> 
<p>Monday, October 26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders 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 Fresh Apples & other assorted fruit</p>	<p>Tuesday, October 27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheesy Stuffed Bread Stick with Marinara Sauce 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Wednesday, October 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. BBQ Teriyaki Chicken with Fluffy Rice 2. Hot dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Asian Mixed Vegetables Fresh Baby Carrots Strawberry Cups & other assorted fruit</p>	<p>Thursday, October 29</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p> 	<p>Friday, October 30</p> <p>Spirit Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Pocket with Marinara Sauce 2. Hot dog on a Roll 3. Yogurt Plate <p>Green Jello!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit</p>

Student Wellness Tips!

- Embrace nutrition basics. Eating right doesn't have to be complicated. Forget the fad diets and adopt a healthy eating plan, a variety of fruits and vegetables, lean proteins, whole grains, and low-fat dairy.
- Move more. Aim to get at least 150 minutes of moderate activity, such as walking, each week to assist in weight maintenance and overall health.
- Be smoke-free. Make a plan for the challenges you will face and keep trying your best.
- Schedule sleep. Make sleep a priority to enjoy a more focused, energy-filled lifestyle. Aim for 7-9 hours of sleep each night. Create a relaxing bedtime routine and change your electronic device settings to the "night-shift" mode.
- Connect with others, even if it's remotely. Building a community of people who can help you through life's ups and downs is a vital step towards happiness and good health. Invest in relationships that provide encouragement and accountability to both parties.
- Stress Less. Gratitude has been shown to lower stress, which prevents many other physical and mental consequences. Instead of focusing on what your body can't do or how you wish your body looked, try expressing gratitude for where you are now and the opportunity to make improvements.
- Work toward or maintain a healthy weight. Studies show that individuals who track their food intake using an app, such as myfitnesspal, are more apt to maintain a healthy weight.
- Set SMART goals. General goals such as "exercise more" are not effective. A SMART goal is Specific, Measurable, Action-oriented, Realistic, and Timely. "I will walk 20 minutes after school on Tuesdays and Thursdays" is a SMART goal.
- Stay positive. Health goals don't always go as planned. When you face challenges, focus on all of the positive changes you have made, no matter how small they seem. Treat yourself with kindness, like you would a good friend.

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.coventrypublicschools.org/district/food-services>.

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.

This institution is an equal opportunity provider.