

Meal Prices

Student Lunch.....\$2.00  
 Milk only.....50¢  
 Student Breakfast...\$1.25  
 Adult Lunch.....\$3.50  
 Adult Breakfast.....\$2.00

# Coventry Grammar School


## February, 2011



Also available daily for 85¢ are snacks which meet the CT Healthy Food Guidelines

Bottled Water is available for 85¢  
 Fresh Fruit is 50¢



 All Meals de a choice of Skim or 1% White Milk or 1/2 % Chocolate Milk

Monday, January 31	Tuesday, February 1	Wednesday, February 2	Thursday, February 3	Friday, February 4
<p><u>Choose one</u></p> <p>1. Pancakes &amp; Bacon</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Popcorn Chicken                      Fluffy Rice</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Corn Niblets                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Grilled Cheese                      Sandwich</p> <p>2. Corn Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Tomato Soup                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Mozzarella Sticks                      with Sauce</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Potato Wedges                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Stuffed Crust Cheese                      or Pepperoni Pizza</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>
Monday, February 7	Tuesday, February 8	Wednesday, February 9	Thursday, February 10	Friday, February 11
<p><u>Choose one</u></p> <p>1. Chicken Nuggets                      Macaroni &amp; Cheese</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Green Beans                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Stuffed Crust Cheese                      or Pepperoni Pizza</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Veggie Sticks                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Meatball Grinder</p> <p>2. Corn Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Potato Chips                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks                      Sausage Links</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Stuffed Crust Cheese                      or Pepperoni Pizza</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>
Monday, February 14	Tuesday, February 15	Wednesday, February 16	Thursday, February 17	Friday, February 18
<p><b>Happy Valentines Day!</b></p> <p><u>Choose one</u></p> <p>1. Grilled Cheese                      Sandwich</p> <p>2. Corn Dog</p> <p>3. Yogurt Plate</p> <p>♥♥Red Jello!♥♥</p> <p><u>Choose up to Three</u></p> <p>Tomato Soup                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Pepperoni Hot Pocket</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Green Beans                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Waffles &amp; Sausage</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Nacho Grande</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Corn Niblets                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Stuffed Crust Cheese                      or Pepperoni Pizza</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad                      Fresh Baby Carrots                      Fresh Fruit                      Assorted Cupped Fruit                      100% Fruit Juice</p>

Don't Forget Breakfast!



Get a hot, healthy start to the day with a delicious breakfast from your school cafeteria. Breakfast is only \$1.25 per day for students and \$2.00 for adults. Students who receive free lunches are also able to receive breakfast for free. Students who pay reduced price for lunch may purchase breakfast for only 20¢ a day!

<p>Monday, February 21</p> <p><b>No School</b></p> <p><b>Presidents</b></p> <p><b>Day</b></p>	<p>Tuesday, February 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Sausage</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, February 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Meatball Grinder</li> <li>2. Corn Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Potato Chips Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, February 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Popcorn Chicken Fluffy 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 Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, February 25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Choice of Vegetable Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
<p>Monday, February 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni &amp; Cheese</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Tuesday, March 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Links</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, March 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Bacon Cheeseburger on a Roll</li> <li>2. Corn Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Potato Chips Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, March 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks with Sauce</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Potato Wedges Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, March 4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Choice of Vegetable Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>



**Fuel Up™**

**Kids who eat breakfast seem to have an easier time learning than kids who don't eat breakfast.**

Breakfast eaters:

- Are able to concentrate on learning
- Make fewer errors
- Score higher on tests
- Are more creative
- Work faster

**Kids who eat breakfast behave better in school than hungry kids.**

Breakfast eaters:

- Cause fewer fights
- Are more cooperative
- Are less likely to be sent to the principal's office for a discipline problem
- Get along better with classmates

**Kids who eat breakfast are more likely to be in school than non-breakfast eaters.**

Breakfast eaters are:

- Less likely to be absent
- Less likely to be late
- Less likely to be sitting in the school nurse's office with a stomachache or headache

# With School Breakfast!

## Breakfast Facts

- Breakfast should provide one-fourth of a child's dairy requirement of calories and nutrients.
- On any given day, 51% of kids go to school without breakfast.
- Those students who receive D's and F's are twice as likely as A students to skip breakfast frequently.
- School breakfast meets one-fourth of the RDA for calories and nutrients and must contain the following: milk, a fruit or vegetable (or 100% juice), bread or cereal and a protein-rich food such as meat, cheese or eggs.

**Rest assured. If your kids are hungry in the morning, and don't have time to eat, we'll feed them. Milk and other nutritious foods are served ever day at school breakfast.**

**Hey Kids!** Try the Breakfast detective matching game at [www.nutritionexplorations.org](http://www.nutritionexplorations.org) in the Kids section! Read the clues and meet the challenge!