



# Hale Early Education Center

# February 2023

**Meal Prices**

Student Lunch	\$3.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.00
Reduced Price Bfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

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!

## MONDAY



Like us on Facebook!

[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! @CPS\_AES\_SchFood

## TUESDAY



## WEDNESDAY

## THURSDAY

## FRIDAY

6
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Seasoned Noodles Baked Beans</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

7
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheeseburger on a Bun Baked French Fries</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

8
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Tangerine Chicken Asian Fried Rice Seasoned Broccoli</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

9
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup Sausage Patty Baked Tater Tots</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Baked Tater Tots</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

10
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Slice Cucumber Coins</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

13
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Crispy Popcorn Chicken Seasoned Noodles BBQ Baked Beans</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

14
<p><b>Happy Valentines Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mexican Taco Seasoned Rice Corn Niblets</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

15
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Broccoli</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

16
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patty Hash Brown Potato</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Hash Brown Potato</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

17
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Slice Cucumber Coins</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

20
<p><b>School will be closed today to celebrate Presidents' Day</b></p>

21
<p><b>School will be closed today for Staff Development</b></p>

22
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Calzone with Marinara Seasoned Broccoli</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

23
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Patty Hash Brown Potato</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Hashed Brown Potato</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

24
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Slice Fresh Vegetable Sticks</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

**Substitute Kitchen Help needed! Come Join Our Amazing Team!**

The Coventry/Andover School Food Service is now hiring 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/>.

<b>27</b>
<i>Choose one</i>
1. Chicken Nuggets Seasoned Noodles Seasoned Green Beans
2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks
<b>Fruit &amp; Milk included in all Meals</b>

<b>28</b>
<i>Choose one</i>
1. BBQ Rib on a Bun Baked Beans
2. Yogurt Plate with Bagel & String Cheese Cucumber Coins
<b>Fruit &amp; Milk included in all Meals</b>

<b>1-Mar</b>
<i>Choose one</i>
1. Teriyaki Chicken Asian Fried Rice Seasoned Broccoli
2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks
<b>Fruit &amp; Milk included in all Meals</b>

<b>2-Mar</b>
<i>Choose one</i>
1. French Toast Sticks Sausage Patty Hash Brown Potato
2. Yogurt Plate with Bagel & String Cheese Hash Brown Potato
<b>Fruit &amp; Milk included in all Meals</b>

<b>3-Mar</b>
<i>Choose one</i>
1. Cheese Pizza Slice Cucumber Coins
2. Yogurt Plate with Bagel & String Cheese Cucumber Coins
<b>Fruit &amp; Milk included in all Meals</b>

# Health Tips for Students



Between irregular schedules, social media life, exams and food choices, it can be difficult to make time to keep up on your personal health. Following these small health tips can really make a difference:

1. Limit sugary and caffeinated beverages.
2. Eat plenty of fruit and veggies.
3. Keep healthy snacks around.
4. Limit junk food.
5. Learn proper portion sizes.
6. Don't skip meals.
7. Incorporate different kinds of exercise in your routine.
8. Try to move a little bit every hour.
9. Explore new exercises. You may find something new you love!
10. Turn off screens at least 30 minutes before bed.

**Come join us for Breakfast! Only \$2.00 for Students!**

Choices include: Assorted Muffins & Pastries and Cereal  
All come with Fruit, Juice & Milk

**Don't skip the most important Meal of the Day!**



Parents – Log onto [www.myschoolaccount.com](http://www.myschoolaccount.com) to view your student's lunch balance and make payments.

For information about your school nutrition 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](mailto:bpratt@coventryct.org).