



Hale Early Education Center

November 2023

Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Bfast	FREE
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!

Come Join Us For Breakfast! It's Free All Year for All Students!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



		<p>1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Calzone with Marinara Seasoned Broccoli Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p>2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes and Syrup Sausage Patty Baked Tater Tots Yogurt Plate with Bagel & String Cheese Baked Tater Tots <p>Fruit & Milk included in all Meals</p>	<p>3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Cucumber Coins Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Macaroni and Cheese Seasoned Broccoli Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p>7</p>  <p>School will be closed today for Election Day</p>	<p>8</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Tenders Seasoned Noodles Fresh Vegetable Sticks Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>9</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Fresh Vegetable Sticks Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>10</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Bun Fresh Vegetable Sticks Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
<p>13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Seasoned Noodles Baked Beans Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p>14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Fajita Mexican Rice Corn Niblets Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pizza Bites with Marinara Fresh Vegetable Sticks Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Syrup Sausage Patty Baked Tater Tots Yogurt Plate with Bagel & String Cheese Baked Tater Tots <p>Fruit & Milk included in all Meals</p>	<p>17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Cucumber Coins Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
<p>20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Turkey Shaped Nuggets Seasoned Noodles Baked Beans Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheeseburger on a Bun Butternut Squash Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>22</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Cucumber Coins Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>23</p> <p>School will be closed today to celebrate the Thanksgiving Holiday!</p>  <p>Happy Thanksgiving</p> <p>24</p>	

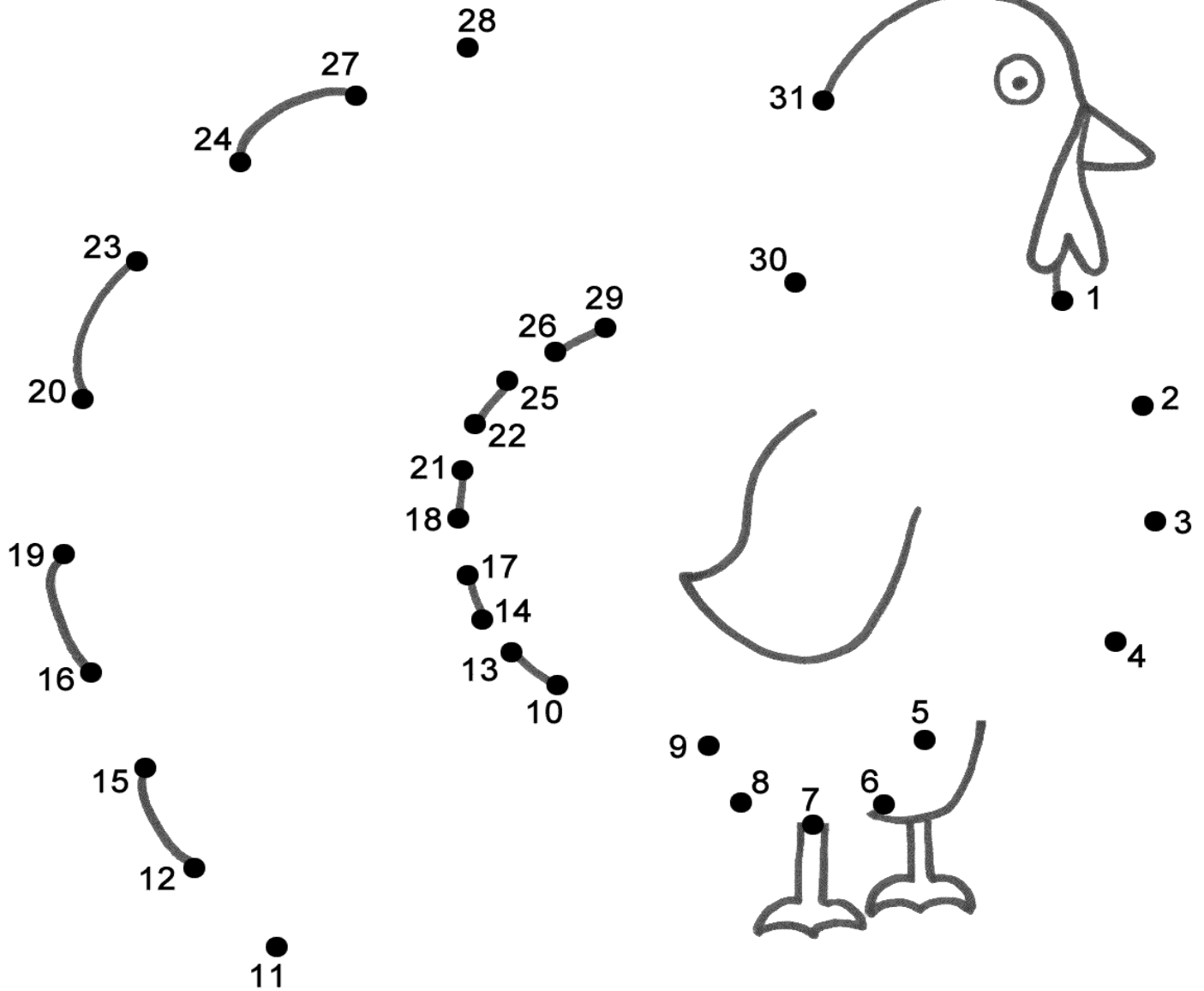
Come join us for Breakfast! It's FREE for All Students!

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

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



27	<u>Choose one</u> 1. Chicken Patty on a Bun Baked Beans 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks Fruit & Milk included in all Meals
28	<u>Choose one</u> 1. Cheeseburger on a Bun Baked French Fries 2. Yogurt Plate with Bagel & String Cheese Cucumber Coins Fruit & Milk included in all Meals
29	<u>Choose one</u> 1. Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Broccoli 2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees Fruit & Milk included in all Meals
30	<u>Choose one</u> 1. French Toast Sticks Sausage Patty Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Baked Tater Tots Fruit & Milk included in all Meals
1	Early Release <u>Choose one</u> 1. Cheese Pizza Slice Cucumber Coins 2. Yogurt Plate with Bagel & String Cheese Cucumber Coins Fruit & Milk included in all Meals



Like us on Facebook! @CoventryAndoverSchoolFoodService Follow us on Twitter! @CPS_AES_SchFood

Parents – View your student's account balance and make payments at www.myschoolaccount.com.
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 meals? We'd love to hear from you!

Call or email the Food Service Office at 860-742-4535 or bpratt@coventryct.org.

Please inform your school nurse if your child has a food allergy.

This institution is an equal opportunity provider.