



# Hale Early Education Center

# January 2024

## 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!

★ Find these symbols on this menu to check out our newest, scratch made recipes! ★

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**8**

Choose one

- Cheese Calzone with Marinara  
Seasoned Broccoli
- Yogurt Plate with Bagel & String Cheese  
Raw Broccoli Trees

**Fruit & Milk included in all Meals**

**9**

Choose one

- Soft Chicken Taco  
Refried Beans
- Yogurt Plate with Bagel & String Cheese  
Cucumber Coins

**Fruit & Milk included in all Meals**

**10**

Choose one

- Crispy Popcorn Chicken Dinner Roll  
Mashed Potatoes
- Yogurt Plate with Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included in all Meals**

**11**

Choose one

- Pancakes and Syrup  
Sausage Patty  
Baked Tater Tots
- Yogurt Plate with Bagel & String Cheese  
Baked Tater Tots

**Fruit & Milk included in all Meals**

**12**

Choose one

- Cheese Pizza Slice  
Fresh Vegetable Sticks
- Yogurt Plate with Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included in all Meals**

**15**

**School will be closed today to celebrate Martin Luther King Day!**

**16**

Choose one

- Cheeseburger on a Bun  
Cucumber Coins
- Yogurt Plate with Bagel & String Cheese  
Cucumber Coins

**Fruit & Milk included in all Meals**

**17** ★

Choose one

- Sweet and Sour Chicken  
Seasoned Rice  
Seasoned Broccoli
- Yogurt Plate with Bagel & String Cheese  
Raw Broccoli Trees

**Fruit & Milk included in all Meals**

**18**

Choose one

- French Toast Sticks  
Sausage Patty  
Hash Brown Potato
- Yogurt Plate with Bagel & String Cheese  
Hash Brown Potato

**Fruit & Milk included in all Meals**

**19**

Choose one

- Cheese Pizza Slice  
Fresh Vegetable Sticks
- Yogurt Plate with Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included in all Meals**

**22**

Choose one

- Cheese Pizza Bites  
Marinara Sauce  
Seasoned Broccoli
- Yogurt Plate with Bagel & String Cheese  
Raw Broccoli Trees

**Fruit & Milk included in all Meals**

**23** ★

Choose one

- Chicken Tortilla Bake  
Fresh Vegetable Sticks
- Yogurt Plate with Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included in all Meals**

**24**

Choose one

- Chicken Nuggets  
Seasoned Noodles  
Baked Beans
- Yogurt Plate with Bagel & String Cheese  
Cucumber Coins

**Fruit & Milk included in all Meals**

**25**

Choose one

- Waffles & Syrup  
Sausage Patty  
Baked Tater Tots
- Yogurt Plate with Bagel & String Cheese  
Baked Tater Tots

**Fruit & Milk included in all Meals**

**26**

Choose one

- Cheese Pizza Slice  
Cucumber Coins
- Yogurt Plate with Bagel & String Cheese  
Cucumber Coins

**Fruit & Milk included in all Meals**

Parents – View your student's account balance and make payments at [www.myschoolaccount.com](http://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](mailto:bpratt@coventryct.org).  
*Please inform your school nurse if your child has a food allergy. This institution is an equal opportunity provider.*

<p><b>29</b></p> <p><u>Choose one</u></p> <p>1. Chicken Patty Dinner Roll Baked Beans</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>30</b></p> <p><u>Choose one</u></p> <p>1. Mexican Beef Taco Corn Niblets</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>31</b></p> <p><u>Choose one</u></p> <p>1. Orange Chicken Asian Rice Seasoned Broccoli</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Raw Broccoli Trees</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>1</b></p> <p><u>Choose one</u></p> <p>1. Pancakes &amp; Syrup Sausage Patty Baked Tater Tots</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Baked Tater Tots</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>Early Release 2</b></p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>
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***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!***



## Obscure January Holidays!

**Polar Bear Plunge Day (1st)**- a day when crazy people jump into frigid cold water just so they can say they did.

**J.R.R Tolkien Day (3rd)** – celebrate the brilliant author behind the Lord of the Rings.

**Earth's Rotation Day (8th)**- because, you know, it's pretty important to have a planet that rotates.



**National Static Electricity Day (9th)** – for all of you who love rubbing balloons against your head and sticking them to things!



**Dress Up Your Pet Day (14th)**- because dogs and cats LOVE costumes!

**Appreciate a Dragon Day (16th)**- Personally, I think we should appreciate dragons every day!



**Thesaurus Day (18th)**- A brilliant holiday for word lovers! A radiant festival for logophiles! (If you see what I did there, this holiday is for you)

**Answer Your Cat's Questions Day (22nd)** – I don't even know where to begin.



**Rubber Ducky Day (28th)**- Rubber Ducky, you're the one!

## January Health Tip: Get your ZZZZZZZ's!

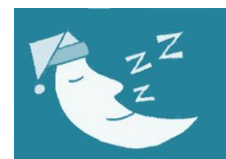
A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising.

Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Sleep is involved in healing and repair of your heart and blood vessels.

Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.



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