



# Hale Early Education Center

# February 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!

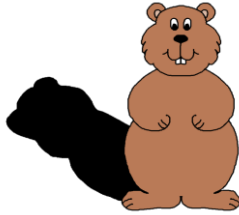
*Find these symbols on this menu to check out our newest, scratch made recipes!*

## MONDAY



Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)  
Follow us on Twitter! [@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)

## TUESDAY



## WEDNESDAY



## THURSDAY

## FRIDAY

<p><b>5</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice</li> </ol> <p>Fresh Vegetable Sticks</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>6</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Burger on a Bun</li> </ol> <p>Seasoned Mashed Butternut</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>7</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Crispy Popcorn Chicken</li> </ol> <p>Seasoned Noodles</p> <p>Baked Beans</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>8</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks</li> </ol> <p>Sausage Patty</p> <p>Hash Brown Potato</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Hash Brown Potato</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>9</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Tangerine Chicken</li> </ol> <p>Asian Fried Rice</p> <p>Asian Mixed Vegetables</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p><b>12</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Calzone with Marinara</li> </ol> <p>Seasoned Broccoli</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Raw Broccoli Trees</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>13</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Soft Chicken Taco</li> </ol> <p>Refried Beans</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>Valentines Day! 14</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Heart Shaped Chicken Nuggets and Dinner Roll</li> </ol> <p>Seasoned Green Beans</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>15</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pancakes and Syrup</li> </ol> <p>Sausage Patty</p> <p>Hash Brown Potato</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Hash Brown Potato</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>16</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice</li> </ol> <p>Fresh Vegetable Sticks</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p><b>19</b></p>  <p><b>School will be closed today to celebrate Presidents' Day</b></p>	<p><b>20</b></p>  <p><b>School will be closed today for Staff Development</b></p>	<p><b>21</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Tenders</li> </ol> <p>Seasoned Rice</p> <p>Seasoned Broccoli</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Raw Broccoli Trees</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>22</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks</li> </ol> <p>Sausage Patty</p> <p>Hash Brown Potato</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Hash Brown Potato</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>23</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice</li> </ol> <p>Fresh Vegetable Sticks</p> <ol style="list-style-type: none"> <li>Yogurt Plate with Bagel &amp; String Cheese</li> </ol> <p>Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>

**Substitute Kitchen Help needed!** 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/>. **Come Join Our Amazing Team!**

<b>26</b>	<b>27</b>	<b>28</b>	<b>Leap Year Day!</b> <b>29</b>	<b>1</b>
<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>
1. Baked Chicken Patty Dinner Roll Baked Beans	1. Cheese Burger on a Bun Fresh Vegetable Sticks	1. Chicken Tenders Seasoned Noodles Seasoned Broccoli	1. Waffles & Syrup Sausage Patty Baked Tater Tots	1. Cheese Pizza Slice Cucumber Coins
2. Yogurt Plate with Bagel & String Cheese Cucumber Coins	2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks	2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees	2. Yogurt Plate with Bagel & String Cheese Baked Tater Tots	2. Yogurt Plate with Bagel & String Cheese Cucumber Coins
<b>Fruit &amp; Milk included in all Meals</b>	<b>Fruit &amp; Milk included in all Meals</b>	<b>Fruit &amp; Milk included in all Meals</b>	<b>Fruit &amp; Milk included in all Meals</b>	<b>Fruit &amp; Milk included in all Meals</b>



## ***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!***



**February Nutrition tip:** Eat the rainbow! Eating a variety of fruits and vegetables of different colors will provide you with necessary nutrients and keep you healthy.

- **Red-** Good for your heart and blood health. Foods like cherries, tomatoes, and red peppers!
- **Orange-** Prevent and reduce the risk of cancer. Foods like pumpkin, carrots, and mangoes!
- **Yellow-** Good for your skin, heart, and eyes. Helps prevent you from getting sick. Foods like bananas, summer squash, pineapple, and corn!
- **Green-** Good for your bones and helps Good for your bones and helps your body fight sickness. Foods like broccoli, kiwi, cucumber, and spinach!
- **Blue-** Improves memory and brain function. Food like blueberries and blackberries!
- **Purple-** Helps fight inflammation in your body. Foods like grapes, figs, onions, and eggplant!

### ***Rainbow Roasted Vegetables***



**Ingredients:**

- 2 red bell peppers
- 4 carrots
- 2 yellow squashes
- 1 pound broccoli
- 1 red onion
- ½ tsp kosher salt
- ¼ tsp black pepper
- 3 tbsp olive oil

**Method:**

- Preheat oven to 400 degrees.
- Cut vegetables into bite sized pieces.
- Toss vegetables in oil, salt, and pepper.
- Arrange in a single layer on a cookie sheet.
- Cook for 20-25 minutes until for tender.
- Enjoy!

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.***