



Hale Early Education Center

March

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!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Celebrate National School Breakfast Week!

March 4 - 8, 2024

Students will receive a prize for every breakfast purchased this week.



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



4	5	6	7	8
<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun Seasoned Mashed Butternut</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Crispy Popcorn Chicken Seasoned Noodles Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Patty Hash Brown Potato</p> <p>2. Yogurt Plate with Bagel & String Cheese Hash Brown Potato</p> <p>Fruit & Milk included in all Meals</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
11	12	13	14	15
<p><u>Choose one</u></p> <p>1. Cheese Calzone with Marinara Seasoned Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Soft Chicken Taco Refried Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni and Cheese Seasoned Green Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Pancakes & Syrup Sausage Patty Hash Brown Potato</p> <p>2. Yogurt Plate with Bagel & String Cheese Hash Brown Potato</p> <p>Fruit & Milk included in all Meals</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
18	19	20	21	22
<p><u>Choose one</u></p> <p>1. Shamrock Shaped Nuggets Macaroni and Cheese Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun Corn Niblets</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Chicken Tenders Seasoned Rice Seasoned Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Patty Hash Brown Potato</p> <p>2. Yogurt Plate with Bagel & String Cheese Hash Brown Potato</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>

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25

Choose one

- Baked Chicken Patty
Dinner Roll
Baked Beans
- Yogurt Plate with
Bagel & String Cheese
Cucumber Coins

**Fruit & Milk included
in all Meals**

26

Choose one

- Cheeseburger
on a Bun
Fresh Vegetable Sticks
- Yogurt Plate with
Bagel & String Cheese
Fresh Vegetable Sticks

**Fruit & Milk included
in all Meals**

27

Choose one

- Chicken Tenders
Seasoned Noodles
Seasoned Broccoli
- Yogurt Plate with
Bagel & String Cheese
Raw Broccoli Trees

**Fruit & Milk included
in all Meals**


28

Choose one

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

**Fruit & Milk included
in all Meals**

29



**School will be closed
today to celebrate
Good Friday!**

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!





Physical Activity Tip: Children age 3 - 5 need to be physically active every day! Here are some ways to get physically active throughout the day:

- Walk your dog in the morning.
- Do some pushups at home.
- Take the stairs when you can.
- Play a sport with friends afterschool.
- Take a walk with your family after dinner.



DID YOU KNOW?

- Applesauce was the first food eaten in space.
- Pistachios are fruits.
- Cucumbers are 95% water.
- French fries were invented in Belgium, not France.
- The average American eats about 50 hot dogs per year.
- There are over 600 different types of pasta shapes produced worldwide.
- Ben & Jerry's is the leading ice cream brand in the United States.
- Rows of corn are always an even number.
- Avocados are fruits.
- There are more than 10,000 difference varieties of tomatoes.
- A spoonful of sugar can cure your hiccups.
- One cluster of bananas is called a hand.




**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!



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.