



# Hale Early Education Center

# November

# 2024

### Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	\$2.25
Reduced Price Bfast	FREE
Milk only	\$0.75
Adult Lunch	\$5.00
Adult Breakfast	\$2.75

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
<p><b>4</b></p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni &amp; Cheese Baked Beans</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>5</b></p>  <p><i>School will be closed today for Election Day</i></p>	<p><b>Early Release 6</b></p> <p><u>Choose one</u></p> <p>1. Chicken Tenders Seasoned Noodles Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>Early Release 7</b></p> <p><u>Choose one</u></p> <p>1. Waffles and Syrup Sausage Link Baked Tater Tots</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>Early Release 8</b></p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p><b>11</b></p> <p><u>Choose one</u></p> <p>1. Popcorn Chicken Macaroni &amp; Cheese Baked Beans</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>12</b></p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun French Fries</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>13</b></p> <p><u>Choose one</u></p> <p>1. Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Broccoli</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Raw Broccoli Trees</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>14</b></p> <p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Link Baked Tater Tots</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Baked Tater Tots</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>15</b></p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p><b>18</b></p> <p><u>Choose one</u></p> <p>1. Chicken Patty Dinner Roll Baked Beans</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>19</b></p> <p><u>Choose one</u></p> <p>1. Mexican Beef Taco Corn Niblets</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>20</b></p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Seasoned Noodles Fresh Vegetable Sticks</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>21</b></p> <p><u>Choose one</u></p> <p>1. Pancakes &amp; Syrup Sausage Link Baked Tater Tots</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Baked Tater Tots</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>22</b></p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p><b>25</b></p> <p><u>Choose one</u></p> <p>1. Turkey Shaped Nuggets Macaroni &amp; Cheese Baked Beans</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>26</b></p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>Early Release 27</b></p> <p><u>Choose one</u></p> <p>1. Chicken Tenders Seasoned Noodles Fresh Vegetable Sticks</p> <p>2. Yogurt Plate Dinner Roll &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>28</b></p> <p><i>School will be closed today to celebrate the Thanksgiving Holiday!</i></p>  <p><b>Happy Thanksgiving</b></p>	

**Come join us for Breakfast! Just \$2.25 for All Students!**

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

\*Students approved for FREE or Reduced lunches are automatically eligible from FREE breakfast

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



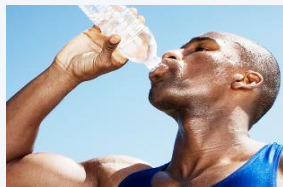
**Substitute Kitchen Help needed! Come Join Our Amazing Team!**

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

**November Physical Activity Tip:**

**Always put safety first when exercising. See these safe exercise guidelines:**

- Use Proper Equipment.
- Replace your athletic shoes as they wear out.
- Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility.
- Warm Up.
- Stretch.
- Take Your Time.
- Drink Water.
- Cool Down.
- Rest.



- ◆ The first Thanksgiving was celebrated in 1691.
- ◆ A ripe cranberry will bounce!
- ◆ All turkeys and chickens have wishbones.
- ◆ Abraham Lincoln declared a national day of Thanksgiving in 1863.
- ◆ The first Macy's Thanksgiving Day Parade was held in 1924.
- ◆ The U.S. Department of Agriculture estimates that Americans eat more than 46 million turkeys on Thanksgiving Day each year. This is about 88% of Americans, and represents almost 3 pounds of turkey per person!

**November Nutrition Tip: November is National Apple Month! Did you know that apples can be very beneficial to your health? Check out these impressive benefits of eating these delicious fruit.**

Apples are:

- Nutritious
- Linked to a lower risk of diabetes
- May promote gut health
- Could help fight asthma



- Could be good for your heart
- May support weight loss
- Might help prevent cancer
- May help protect your brain

**NEW!** Parents – Log onto [family.schoolcafe.com](http://family.schoolcafe.com) or download the "SchoolCafe Family Hub" app 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 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.*