



Hale Early Education Center

December

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>2</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni & Cheese Baked Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>3</p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun Corn Niblet</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>4</p> <p><u>Choose one</u></p> <p>1. Orange Chicken Asian Rice Seasoned Broccoli</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>5</p> <p><u>Choose one</u></p> <p>1. Waffles and Syrup Sausage Link Baked Tater Tots</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>6</p> <p>Early Release</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
<p>9</p> <p><u>Choose one</u></p> <p>1. Popcorn Chicken Macaroni & Cheese Baked Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>10</p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun French Fries</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>11</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 & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>12</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>13</p> <p>Pajama Day!</p> <p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Link Baked Tater Tots</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Baked Tater Tots</p> <p>Fruit & Milk included in all Meals</p>
<p>16</p> <p><u>Choose one</u></p> <p>1. Holiday Nuggets Macaroni & Cheese Baked Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>17</p> <p><u>Choose one</u></p> <p>1. Mexican Beef Taco Corn Niblets</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>18</p> <p><u>Choose one</u></p> <p>1. Chicken Tenders Fresh Vegetable Sticks</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>19</p> <p><u>Choose one</u></p> <p>1. Pancakes & Syrup Sausage Link Baked Tater Tots</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Baked Tater Tots</p> <p>Fruit & Milk included in all Meals</p>	<p>20</p> <p>Early Release</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>



Winter Vacation December 23 - January 1



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!



Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! [@CPS_AES_SchFood](https://twitter.com/CPS_AES_SchFood)



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/>.

December Physical Activity Tip: Benefits!

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Decrease your chances of becoming depressed.
- Sleep well at night.
- Move around more easily.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!



December Nutrition Tip: Keep your Holidays Healthy!

1. Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!
2. Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!
3. Don't forget to fill up on fruit and veggies! At least 5 servings per day!
4. Try this Fall Harvest Pumpkin Yogurt Dip recipe!

Ingredients

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

Method

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat, 1 g sat. fat, 5 g carb

Enjoy!

NEW! Parents – Log onto 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.

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