



Hale Early Education Center

January

2025

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>Follow us on Social Media!</p> <p> CoventryAndoverSchoolFoodService</p> <p> coventryandoverschoolnutrition</p>		<p>1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Link Baked Tater Tots Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Link Baked Tater Tots Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Cucumber Coins Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Seasoned Noodles Baked Beans Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>7</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheeseburger on a Bun French Fries Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Green Beans Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles and Syrup Sausage Link Baked Tater Tots Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Cucumber Coins Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
<p>13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Macaroni & Cheese Baked Beans Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mexican Beef Taco Corn Niblets Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Orange Chicken Asian Rice Seasoned Broccoli Yogurt Plate Dinner Roll & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p>16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Link Baked Tater Tots Yogurt Plate Dinner Roll & String Cheese Baked Tater Tots <p>Fruit & Milk included in all Meals</p>	<p>17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Cucumber Coins Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
 <p>20</p> <p>School will be closed today to celebrate Martin Luther King Day!</p>	<p>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Beef Teriyaki Dippers Seasoned Rice Fresh Green Beans Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Tenders Dinner Roll Fresh Vegetable Sticks Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Link Baked Tater Tots Yogurt Plate Dinner Roll & String Cheese Baked Tater Tots <p>Fruit & Milk included in all Meals</p>	<p>24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Slice Cucumber Coins Yogurt Plate Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</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!



27	28	29	30	Early Release 31
<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>
1. Chicken Patty Dinner Roll Baked Beans	1. Cheeseburger on a Bun Corn Niblets	1. Tangerine Chicken Asian Rice Seasoned Broccoli	1. Pancakes & Syrup Sausage Link Baked Tater Tots	1. Cheese Pizza Slice Cucumber Coins
2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks	2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins	2. Yogurt Plate Dinner Roll & String Cheese Raw Broccoli Trees	2. Yogurt Plate Dinner Roll & String Cheese Baked Tater Tots	2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins
Fruit & Milk included in all Meals	Fruit & Milk included in all Meals	Fruit & Milk included in all Meals	Fruit & Milk included in all Meals	Fruit & Milk included in all Meals

Wellness Tips to help you stay healthy this winter!

- 1. Limit the spread of germs** - Remember to cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. Wash your hands regularly using soap and warm water and scrub for at least 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer.
- 2. Stay hydrated** - Drinking enough water each day boosts your immune system and helps you fight viruses. Aim to drink enough water to equal two-thirds of your body weight in ounces every day.
- 3. Up your vitamin D intake** - Low vit D can make you susceptible to illnesses and negatively affect your mental health. Boost your levels by getting in the sunshine and eating foods high in vitamin D, like mushrooms and salmon.
- 4. Manage dry skin** - Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.
- 5. Stay rested** - A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night lets your body recover and protect against sickness.
- 6. See a provider when you're sick** - If you have COVID-19 or flu symptoms, call your health care provider to get tested or for expert advice to help you recover.



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/>.

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.

This institution is an equal opportunity provider.