



Hale Early Education Center



February 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>3</p> <p><u>Choose one</u></p> <p>1. Popcorn Chicken Seasoned Noodles Baked Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>4</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>5</p> <p><u>Choose one</u></p> <p>1. Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Green Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>6</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>7</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>10</p> <p><u>Choose one</u></p> <p>1. Mozzarella Sticks Marinara Sauce 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>11</p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun Baked French Fries</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>12</p> <p><u>Choose one</u></p> <p>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>National Pancake Day! 13</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>Valentines Day! 14</p> <p><u>Choose one</u></p> <p>1. Holiday Nuggets Seasoned Noodles Baked Beans Red Jello!</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
<p>17</p>  <p>School will be closed today to celebrate Presidents' Day!</p>	<p>18</p>  <p>School will be closed today for Staff Development</p>	<p>19</p> <p><u>Choose one</u></p> <p>1. Beef Teriyaki Strips Seasoned Rice Fresh Green Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>20</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>21</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>24</p> <p><u>Choose one</u></p> <p>1. Chicken Patty Dinner Roll Baked Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>25</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>26</p> <p><u>Choose one</u></p> <p>1. Chicken Tenders Seasoned 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>27</p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun Corn Niblets</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>28</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>

Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition



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!



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!



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/>.

Parents – Log onto family.schoolcafe.com or download the "SchoolCafe Family Hub" app to view your student's account 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.