



Hale Early Education Center

March

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!

~ Celebrate National School Breakfast Week! March 3 - 7, 2025 ~

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

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>Early Release 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. Chicken Nuggets Macaroni and 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>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>1. Chicken Tenders Seasoned Broccoli</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>13</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>14</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>St. Patrick's Day! 17</p> <p><u>Choose one</u></p> <p>1. Holiday Nuggets Seasoned Noodles Baked Beans</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. 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>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. Pancakes and 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>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. Orange Chicken 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. 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>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

31	April Fools Day! 1	2	3	4
<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><u>Choose one</u></p> <p>1. Emoji Nuggets Macaroni and Cheese Baked Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Pasta and Meatballs Marinara Sauce Seasoned Green Beans</p> <p>2. Yogurt Plate Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <p>1. Pancakes and 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><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>

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*



March Nutrition Tips:

◆ Eat more green veggies!



◆ Eat the rainbow, try lots of colorful fruits and veggies!

◆ Try a new vegetable or fruit!

◆ Start your day with breakfast!



March Physical Activity Tips:

◆ Do jumping jacks or push ups during commercials when watching TV, or when taking a break from doing homework!



◆ Play tag with your friends at recess!

◆ Play a game with your friends, like basketball or soccer!

◆ Dance to your favorite song after school!



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.