



# Hale Early Education Center

# April

# 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



**April Fools Day! 1**  
Choose one  
 1. Emoji Nuggets  
 Macaroni and Cheese  
 Baked Beans  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**

**2**  
Choose one  
 1. Pasta and Meatballs  
 Marinara Sauce  
 Seasoned Green Beans  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Fresh Vegetable Sticks  
**Fruit & Milk included in all Meals**

**3**  
Choose one  
 1. Pancakes and Syrup  
 Sausage Link  
 Baked Tater Tots  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Baked Tater Tots  
**Fruit & Milk included in all Meals**

**4**  
Choose one  
 1. Cheese Pizza  
 Slice  
 Cucumber Coins  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**

**7**  
Choose one  
 1. Crispy Popcorn Chicken  
 Seasoned Noodles  
 Baked Beans  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Fresh Vegetable Sticks  
**Fruit & Milk included in all Meals**

**8**  
Choose one  
 1. Cheeseburger  
 on a Bun  
 Baked French Fries  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**

**9**  
Choose one  
 1. Cheesy Stuffed Pizza  
 Stick with Marinara  
 Seasoned Green Beans  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Fresh Vegetable Sticks  
**Fruit & Milk included in all Meals**

**10**  
Choose one  
 1. Waffles & Syrup  
 Sausage Link  
 Baked Tater Tots  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Baked Tater Tots  
**Fruit & Milk included in all Meals**

**11**  
Choose one  
 1. Cheese Pizza  
 Slice  
 Cucumber Coins  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**



## Spring Break April 14 - 18, 2025



**21**  
Choose one  
 1. Chicken Patty  
 Dinner Roll  
 Baked Beans  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Fresh Vegetable Sticks  
**Fruit & Milk included in all Meals**

**22**  
Choose one  
 1. Cheeseburger  
 on a Bun  
 Baked French Fries  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**

**23**  
Choose one  
 1. Orange Chicken  
 Seasoned Rice  
 Seasoned Broccoli  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Raw Broccoli Trees  
**Fruit & Milk included in all Meals**

**24**  
Choose one  
 1. French Toast Sticks  
 Sausage Link  
 Baked Tater Tots  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Baked Tater Tots  
**Fruit & Milk included in all Meals**

**25**  
Choose one  
 1. Cheese Pizza  
 Slice  
 Cucumber Coins  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**

**28**  
Choose one  
 1. Chicken Nuggets  
 Macaroni and Cheese  
 Baked Beans  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Fresh Vegetable Sticks  
**Fruit & Milk included in all Meals**

**29**  
Choose one  
 1. Cheeseburger  
 on a Bun  
 Corn Niblets  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**

**30**  
Choose one  
 1. Chicken Nuggets  
 Seasoned Rice  
 Seasoned Green Beans  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Raw Broccoli Trees  
**Fruit & Milk included in all Meals**

**27**  
Choose one  
 1. Pancakes & Syrup  
 Sausage Link  
 Baked Tater Tots  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Baked Tater Tots  
**Fruit & Milk included in all Meals**

**2**  
Choose one  
 1. Cheese Pizza  
 Slice  
 Cucumber Coins  
 2. Yogurt Plate  
 Dinner Roll & String Cheese  
 Cucumber Coins  
**Fruit & Milk included in all Meals**
























## 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 for FREE breakfast

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



Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 <b>Soda</b> 227 calories 20 fl. oz.	14 tsp 	49 min. 
 <b>Sports Drink</b> 125 calories 20 fl. oz.	9 tsp 	27 min. 
 <b>Energy Drink</b> 240 calories 16 fl. oz.	15 tsp 	52 min. 
 <b>Juice Drink</b> 305 calories 20 fl. oz.	17 tsp 	66 min. 
 <b>Fruit-flavored Soda</b> 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 <b>Vitamin-added Water</b> 125 calories 20 fl. oz.	8 tsp 	27 min. 
 <b>Sweetened Tea</b> 213 calories 20 fl. oz.	14 tsp 	46 min. 
 <b>Water</b> 0 calories 20 fl. oz.	0 tsp 	0 min. 

Parents – Log onto **family.schoolcafe.com** or download the "SchoolCafe Family Hub" app to view your student's account balance and make payments. For more information about your school lunch program, visit <http://www.coventrypublicschools.org/district/food-services>.

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

Visit <https://www.coventrypublicschools.org/district/wellness-committee> to be involved in school wellness!

Questions or comments about your student's lunches? We'd love to hear from you! Call the Food Service Office at 860-742-4535. **This institution is an equal opportunity provider.**

**Follow us on Social Media!**



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition

### 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/>.