

Student Lunch.....\$2.75
Milk only.....50¢

All Meals include a choice
of 1% or
Skim White Milk



Hale Early Education Center April, 2019

Student Name: _____

All breads & grains
are whole grain rich
for better health!



Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
April Fools Day! <u>Choose one</u> 1. Chicken Giggles ☺ Smilie Fries! ☺ Fresh Green Beans Fresh Pears 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick ☺ Smilie Fries! ☺ Fresh Pears 1% or Skim White Milk	<u>Choose one</u> 1. Soft Chicken Taco Fluffy Rice Corn Niblets Fresh Apples 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Fresh Apples 1% or Skim White Milk	<u>Choose one</u> 1. Cheesy Bread Stick with Dipping Sauce Baked French Fries Raisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Sliced Grape Tomatoes Raisins 1% or Skim White Milk	<u>Choose one</u> 1. Tangerine Chicken with Fluffy Rice Fresh Green Beans Strawberries 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Strawberries 1% or Skim White Milk	<u>Choose one</u> 1. Cheese Pizza Slice Fresh Cucumber Coins Fresh Orange 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Fresh Orange 1% or Skim White Milk
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<u>Choose one</u> 1. Chicken Nuggets Macaroni & Cheese Seasoned Carrot Coins Fresh Apples 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Pepper Strips Fresh Apples 1% or Skim White Milk	<u>Choose one</u> 1. Cheeseburger on a Roll Baked Beans Raisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Raisins 1% or Skim White Milk	Half Day! Bagged Lunch Fresh Yogurt and Bagel Mozzarella String Cheese Cucumber Coins Fresh Apple Chocolate or White Milk 	<u>Choose one</u> 1. French Toast Sticks Sausage Links Baked Tater Tots Sliced Pears 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Baked Tater Tots Sliced Pears 1% or Skim White Milk	<u>Choose one</u> 1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk



Spring Vacation April 15 - 19



Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
<u>Choose one</u> 1. Chicken Patty on a Roll Lettuce & Tomato Baked Beans Fresh Pears 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Pepper Strips Fresh Pears 1% or Skim White Milk	<u>Choose one</u> 1. Cheeseburger on a Roll Corn Niblets Fresh Apples 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Fresh Apples 1% or Skim White Milk	<u>Choose one</u> 1. Pasta & Meatballs Marinara Sauce Seasoned Broccoli Raisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Broccoli Trees Raisins 1% or Skim White Milk	<u>Choose one</u> 1. Hot Pancakes with Sausage Links Baked Tater Tots Strawberries 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Baked Tater Tots Strawberries 1% or Skim White Milk	<u>Choose one</u> 1. Cheese Pizza Slice Fresh Cucumber Coins Fresh Orange 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Fresh Orange 1% or Skim White Milk

A Note from Your School Kitchen

Parents – Log onto www.myschoolaccount.com to view your student's lunch balance and make payments online.

Bagged Lunches are available for field trips from your school kitchen!

Call 860-742-4540 or stop by the kitchen the day before the trip to order!

Questions or suggestions? We would love to hear from you! Please do not hesitate to call the kitchen at 860-742-4540 or Food Service office at 860-742-4535. *This institution is an equal opportunity provider.*

Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
<p><i>Choose one</i></p> <p>1. Crispy Popcorn Chicken Seasoned Noodles Fresh Green Beans Fresh Pears 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Sliced Grape Tomatoes Fresh Pears 1% or Skim White Milk</p>	<p><i>Choose one</i></p> <p>1. Mexican Tacos Lettuce, Tomato & Cheese Corn Niblets Sliced Peaches 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Sliced Peaches 1% or Skim White Milk</p>	<p><i>Choose one</i></p> <p>1. Cheeseburger on a Roll Seasoned Curly Fries Raisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Pepper Slices Raisins 1% or Skim White Milk</p>	<p><i>Choose one</i></p> <p>1. Waffles & Sausage Links Baked Tater Tots Fresh Apples 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Baked Tater Tots Fresh Apples 1% or Skim White Milk</p>	<p><i>Choose one</i></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>



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April Physical Activity Tip: Walk! Walk! Walk!
Find a walking buddy!



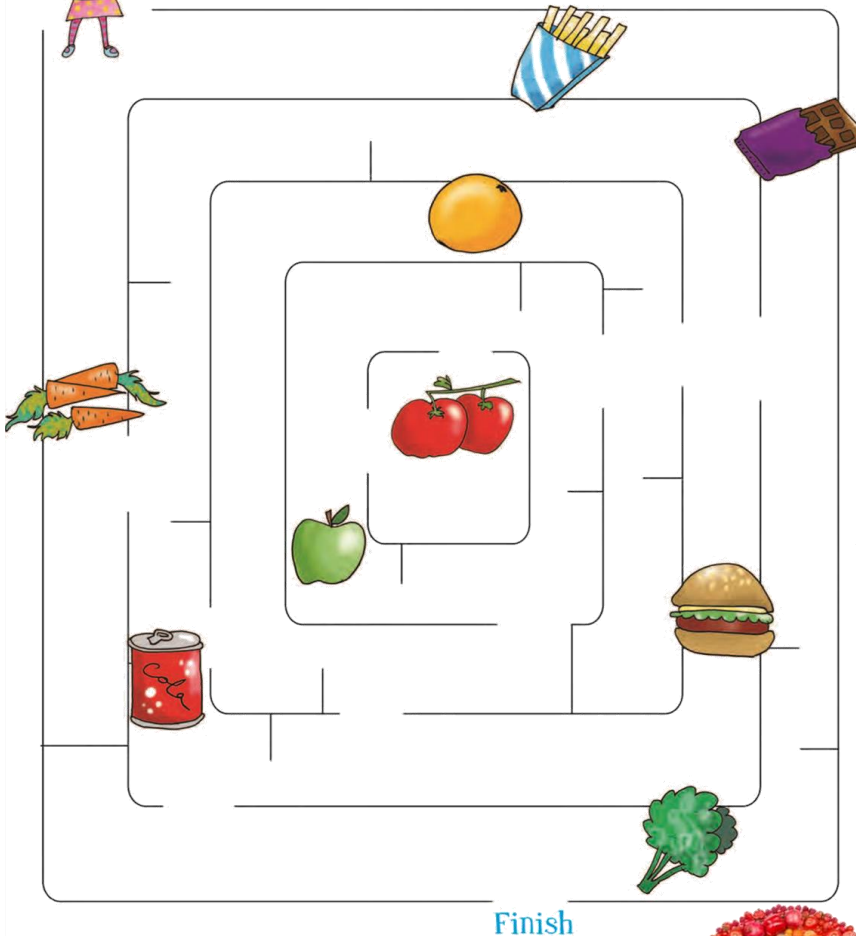
- Having a walking buddy:
- makes walking more fun
 - helps you stay motivated.
 - helps you to stick with it.



Healthy Food Maze

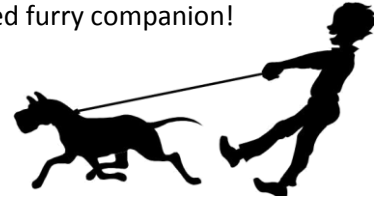
Anita's favourite foods are fruit and vegetables. Can you help her through this maze avoiding all the unhealthy food and collecting all the healthy food on the way?

Start



Who makes a good walking buddy? Consider taking walks with family members, neighbors, friends or a four legged furry companion!

While any physical activity is beneficial, remember that walking is the original exercise! Find a walking trail. Some national parks have trails marked as easy, moderate and more advanced levels. So use your legs, the original exercise equipment, to move your body!



April Nutrition Tip: Eat Your Colors!

All the vibrant colors in fruit and vegetables come from natural plant chemicals that have healthy effects on our bodies. Different colours have different effects, so it's good to eat a variety of different colors each day. Have a colorful snack of different fruits and berries, or chop veggies into interesting shapes to make them more fun and exciting.



EAT COLORS FOR YOUR HEALTH

- WHITE** to strengthen the immune system
- GREEN** to purify with detoxification
- RED** to improve heart and blood health
- YELLOW** to fortify skin elasticity
- ORANGE** to prevent cancers
- PURPLE** to increase longevity

rawforbeauty.com