

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

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



Hale Early Education Center February, 2019

Student Name: _____

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



Monday, February 4	Tuesday, February 5 <i>Chinese New Year!</i>	Wednesday, February 6	Thursday, February 7	Friday, February 8
<p><u>Choose one</u></p> <p>1. Crispy Popcorn Chicken Seasoned Noodles Seasoned Carrot Coins Fresh Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Sliced Grape Tomatoes Fresh Pears 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Tangerine Chicken Fried Rice Fresh Broccoli Trees Raisins 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Broccoli Trees Raisins 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Mexican Tacos Lettuce, Tomato & Cheese Corn Niblets Sliced Peaches 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Sliced Peaches 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Waffles & Sausage Links Baked Tater Tots Strawberries 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Strawberries 100% Fruit Juice 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>
<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Links Baked Tater Tots Fresh Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Baked Tater Tots Fresh Pears 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll Corn Niblets Sliced Peaches 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Sliced Peaches 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Ravioli with Marinara Sauce Fresh Broccoli Raisins 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Broccoli Trees Raisins 1% or Skim White Milk</p>	<p><i>Valentines Day!</i></p> <p><u>Choose one</u></p> <p>1. Heart Shaped Chicken Nuggets, Mac & Cheese Fresh Green Beans Strawberries 1% or Skim White Milk Red Jello!</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Pepper Strips Strawberries 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>
<p>Monday, February 18</p>  <p>School will be closed today to celebrate Presidents' Day</p>	<p>Tuesday, February 19</p>  <p>School will be closed today for Winter Break</p>	<p>Wednesday, February 20</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Bites Marinara Dipping Sauce Fresh Broccoli Fresh Apple 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Raw Broccoli Trees Sliced Peaches 1% or Skim White Milk</p>	<p>Thursday, February 21</p> <p><u>Choose one</u></p> <p>1. Tangerine Chicken with Fluffy Rice Fresh Green Beans Pineapple Tidbits 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Pepper Strips Pineapple Tidbits 1% or Skim White Milk</p>	<p>Friday, February 22</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or -</p> <p>2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>

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, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	Friday, March 1
<p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni & Cheese Fresh Green Beans Apple Slices 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Sliced Grape Tomatoes Apple Slices 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll Baked French Fries Diced Pears 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Diced Pears 1% or Skim White Milk</p>	<p>National Strawberry Day!</p> <p><u>Choose one</u></p> <p>1. Pasta & Meatballs Marinara Sauce Seasoned Broccoli Raisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Raw Broccoli Trees Raisins 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Hot Pancakes with 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</p>	<p>Dr. Seuss's Birthday!</p> <p><u>Choose one</u></p> <p>1. Green Eggs & Ham English Muffin Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk Rainbow Goldfish! 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>

February Physical Activity Tip: In winter, the weather sometimes make it hard to keep moving toward our own exercise goals. If you're not a world-class winter athlete, or can't stand going out in the cold, how can you stay active in winter? What can you do to keep moving throughout the year?

Here are some tips that may help:

- Choose activities that are fun. In all seasons, people are more likely to be active if they like what they are doing. In winter, you may enjoy a brisk walk at a local shopping center or a dance class.
- You can do many activities to strengthen muscles indoors. As the [Physical Activity Guidelines for Americans](#) recommend, do 2 or more days per week of strengthening activities such as lifting light weights, doing full or modified push-ups, or working with resistance bands.
- Keep an activity log to track your progress.
- If your time is limited, do 10 minutes of exercise at a time. Spread these bursts of activity out throughout the day. Every little bit counts!

February Nutrition Tip: Maintain Energy with Nutrition this Winter

Along with cold temperatures and shorter days, winter often means a lack of energy and motivation for many people. Sugary treats and comfort foods always seem to be around, and the cold weather can make the gym feel like the last place you want to go. Whether you find yourself with a little less energy, a case of the winter blues, or something more serious, a nutritious diet can help you this season. To help you get started, nutrition experts at UPMC Sports Medicine offer six areas to focus on for improving your diet this winter.

- Focus on Healthy Carbs like nuts and whole grains
- Eat foods high in Vitamins C, D, and Zinc to help you stay healthy.
- Keep Your Diet Full of Fruits and Vegetables.
- Drink More Water and Tea to stay hydrated.
- Practice Moderation with sweets and treats.
- Eat On a Regular Schedule to help prevent over-eating and keep energy high.

Anita's favorite 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?

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