

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

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



Hale Early Education Center March, 2019

Student Name: _____



Like us on Facebook!

www.facebook.com/CoventryAndoverSchoolFoodService



Follow us on Twitter!
@CoveAndoSChFood



The MORE that you read,
the MORE things
You will know.
The MORE that you
Learn,
the MORE places You'll go.



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



Friday, March 1

Dr. Seuss's Birthday!

Choose one

- Green Eggs & Ham
English Muffin

Fresh Cucumber Coins
Orange Smiles

1% or Skim White Milk

Rainbow Goldfish!

- Yogurt & Bagel

Mozzarella Cheese Stick
Fresh Cucumber Coins

Orange Smiles

1% or Skim White Milk



Monday, March 4

Choose one

- Chicken Nuggets
Macaroni & Cheese
Seasoned Carrot Coins
Fresh Apples
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Fresh Pepper Strips
Fresh Apples
1% or Skim White Milk

Tuesday, March 5

Choose one

- Cheeseburger
on a Roll
Baked Beans
Raisins
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Fresh Cucumber Coins
Raisins
1% or Skim White Milk

Wednesday, March 6

Choose one

- Pasta & Meatballs
Marinara Sauce
Seasoned Broccoli
Strawberries
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Fresh Broccoli Trees
Strawberries
1% or Skim White Milk

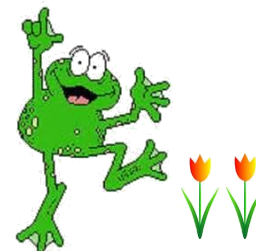
Thursday, March 7

Choose one

- Tangerine Chicken
with Fluffy Rice
Fresh Green Beans
Sliced Pears
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Fresh Cucumber Coins
Sliced Pears
1% or Skim White Milk

Friday, March 8



**School will be
closed today for
Teachers' Meetings**

Monday, March 11

Choose one

- Cheese Pizza
Slice
Fresh Cucumber Coins
Orange Smiles
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Fresh Cucumber Coins
Orange Smiles
1% or Skim White Milk

Tuesday, March 12

Choose one

- Soft Chicken Taco
Fluffy Rice
Corn Niblets
Apple Slices
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Fresh Cucumber Coins
Apple Slices
1% or Skim White Milk

Wednesday, March 13

Choose one

- Cheesy Bread Stick
with Dipping Sauce
Baked French Fries
Raisins
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Sliced Grape Tomatoes
Raisins
1% or Skim White Milk

Thursday, March 14

Pi Day!

Choose one

- Hot Pancakes with
Sausage Links
Baked Tater Tots
Strawberries
1% or Skim White Milk
- or -

- Yogurt & Bagel
Mozzarella Cheese Stick
Baked Tater Tots
Strawberries
1% or Skim White Milk

Friday, March 15

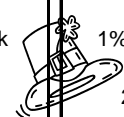
St. Patrick's Day!

Choose one

- Shamrock Shaped Chicken
Nuggets, Mac & Cheese
Fresh Cucumber Coins
Orange Smiles
1% or Skim White Milk

Green Jello!

- Yogurt & Bagel
Mozzarella Cheese Stick
Fresh Cucumber Coins
Orange Smiles
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.

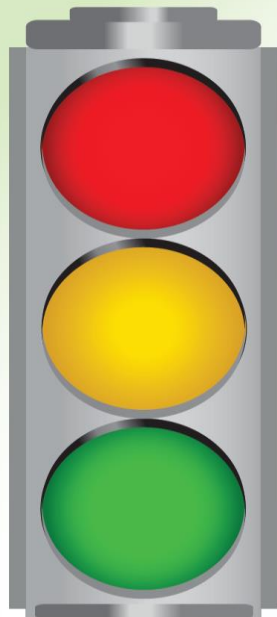
Bagged Lunches are available for field trips from your school kitchen!
Call 860-742-4540 or stop by the kitchen the day before the trip to order!

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.*



<p>Monday, March 18</p> <p><u>Choose one</u></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>Tuesday, March 19</p> <p><u>Choose one</u></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>Wednesday, March 20</p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll Seasoned Curly Fries dRaisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Raisins 1% or Skim White Milk</p>	<p>Thursday, March 21</p> <p><u>Choose one</u></p> <p>1. Waffles & Sausage Links Baked Tater Tots Fresh Apples 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Apples 100% Fruit Juice 1% or Skim White Milk</p>	<p>Friday, March 22</p> <p><u>Choose one</u></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>
<p>Monday, March 25</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni & Cheese Fresh Green 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</p>	<p>Tuesday, March 26</p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll 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>Wednesday, March 27</p> <p><u>Choose one</u></p> <p>1. Cheese Ravioli with Marinara Sauce Fresh Broccoli Raisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Broccoli Trees Raisins 1% or Skim White Milk</p>	<p>Thursday, March 28</p> <p><u>Choose one</u></p> <p>1. French Toast Sticks 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</p>	<p>Friday, March 29</p> <p><u>Choose one</u></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>

March Nutrition Tip: Rethink Your Drink - Make every sip count!
Improve your health by choosing water or low-fat milk.



RED
Drink Rarely, If At All

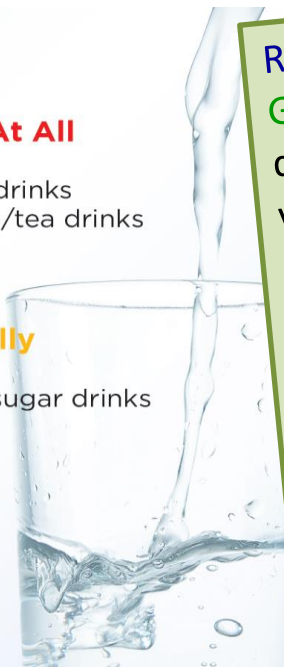
- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

YELLOW
Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice

GREEN
Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk



Rethink your drink: Go on **GREEN**. Cutting back on **RED** drinks and substituting them with **GREEN** drinks can help prevent unhealthy weight gain. **RED** drinks have over 3 tsp of sugar per 12 oz; **YELLOW** drinks have 1.5 to 3 tsp of sugar per 12 oz or contain artificial sweeteners; **GREEN** drinks have 0 to 1.25 tsp of sugar per 12 oz.