

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

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



# Hale Early Education Center May, 2019

Student Name: \_\_\_\_\_

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



<p><b>Follow us on Twitter!</b></p>  <p><b>@CoveAndoSchFood</b></p>	<p><b>Like us on Facebook!</b></p>  <p><a href="http://www.facebook.com/CoventryAndoverSchoolFoodService">www.facebook.com/CoventryAndoverSchoolFoodService</a></p>	<p><b>Wednesday, May 1</b></p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll Seasoned Curly Fries Raisins 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Pepper Slices Raisins 1% or Skim White Milk</p>	<p><b>Thursday, May 2</b></p> <p><u>Choose one</u></p> <p>1. Waffles &amp; Sausage Links Baked Tater Tots Fresh Apples 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Baked Tater Tots Fresh Apples 1% or Skim White Milk</p>	<p><b>Friday, May 3</b></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 &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>
<p><b>Monday, May 6</b></p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni &amp; Cheese Fresh Green Beans Fresh Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Pepper Strips Fresh Pears 1% or Skim White Milk</p>	<p><b>Tuesday, May 7</b></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 &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Sliced Peaches 1% or Skim White Milk</p>	<p><b>Wednesday, May 8</b></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 &amp; Bagel Mozzarella Cheese Stick Fresh Broccoli Trees Raisins 1% or Skim White Milk</p>	<p><b>Thursday, May 9</b></p> <p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Links Baked Tater Tots Strawberries 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Baked Tater Tots Strawberries 1% or Skim White Milk</p>	<p><b>Friday, May 10</b></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 &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>
<p><b>Monday, May 13</b></p> <p><u>Choose one</u></p> <p>1. Chicken Patty on a Roll Baked Beans Fresh Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Raw Broccoli Trees Fresh Pears 1% or Skim White Milk</p>	<p><b>Tuesday, May 14</b></p> <p><u>Choose one</u></p> <p>1. Mexican Taco Fluffy Rice Corn Niblets Raisins 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Raisins 1% or Skim White Milk</p>	<p><b>Wednesday, May 15</b></p> <p><u>Choose one</u></p> <p>1. Cheesy Bread Stick with Dipping Sauce Baked French Fries Strawberries 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Sliced Grape Tomatoes Strawberries 1% or Skim White Milk</p>	<p><b>Thursday, May 16</b></p> <p><u>Choose one</u></p> <p>1. Tangerine Chicken with Fluffy Rice Fresh Green Beans Sliced Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Sliced Pears 1% or Skim White Milk</p>	<p><b>Friday, May 17</b></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 &amp; 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](http://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, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
<p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni &amp; Cheese Seasoned Carrot Coins Fresh Apples 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Pepper Strips Fresh Apples 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll Baked Beans Raisins 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Raisins 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Pasta &amp; Meatballs Marinara Sauce Seasoned Broccoli Strawberries 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Broccoli Trees Strawberries 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Links Baked Tater Tots Sliced Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Baked Tater Tots Sliced Pears 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 &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
 <p>School will be closed today to celebrate Memorial Day!</p>	<p><u>Choose one</u></p> <p>1. Soft Chicken Taco Fluffy Rice Corn Niblets Fresh Apples 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Fresh Apples 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Pizza Bites Marinara Dipping Sauce Fresh Broccoli Raisins 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Raw Broccoli Trees Raisins 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Pancakes &amp; Syrup Sausage Links Baked Tater Tots Strawberries 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Baked Tater Tots 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 &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>

**May Nutrition Tip:** It's time to be good to your eyes! Eating better. Spend less time looking at digital devices. It's not just good for your body and mind—it's healthy for your eyes, too. Your eyes are unique and have their own nutritional needs. Getting the right nutrients to help nourish your eyes is a matter of choosing foods full of eye-healthy nutrients like Lutein, Zeaxanthin and Omega-3s. Lutein and Zeaxanthin cannot be produced by our bodies on their own, so they must be obtained through diet and/or supplements. But which foods, exactly?

**Leafy Vegetables – Richest Food Sources** - A single serving of cooked, frozen spinach contains close to 30 mg of lutein and zeaxanthin, which is the maximum amount present in any food, according to the USDA. The quantity of these two nutrients varies based on method of preparation, but cooked, frozen, fresh and canned dark green leafy vegetables such as kale, spinach, turnip greens, collards, dandelion greens, and mustard greens top the list with 8 to 25 mg of lutein and zeaxanthin per serving.

**Other Vegetable Sources** - All varieties of cooked summer and winter squash, peas, yellow corn, beet greens, pumpkin, Brussels sprouts, broccoli, romaine and iceberg lettuce, asparagus and carrots are good food sources of lutein and zeaxanthin and contain between 1 to 4 mg

**Help the bee find the flower.**



**May Physical Activity Tip:**

While the benefits of daily exercise are numerous and well known, the benefits of a regular stretching routine are far less emphasized but just as important. Incorporating stretching into your daily workouts or into your regular day on their own is just as important to health and body functioning as regular exercise.

