



Hale Early Education Center

December 2022

<u>Meal Prices</u>	
Student Lunch	\$3.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.00
Reduced Price Bfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

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

IMPORTANT! The School Meals Assistance Revenue for Transition (SMART) funds that allowed us to provide meals at no cost to start this year have been depleted. Effective **December 1**, regular meal pricing will be in effect. If you have not yet submitted an application for meal benefits, and think that you might qualify, it is critical that you submit an application as soon as possible to determine a student's eligibility for this school year and avoid unpaid meal charges.

1	<p><u>Choose one</u></p> <p>1. Pancakes & Syrup Sausage Patty Baked Tater Tots</p> <p>2. Yogurt Plate with Bagel & String Cheese Baked Tater Tots</p> <p>Fruit & Milk included in all Meals</p>
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2	<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
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5	<p><u>Choose one</u></p> <p>1. Crispy Popcorn Chicken Seasoned Noodles BBQ Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
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6	<p><u>Choose one</u></p> <p>1. Cheese Quesadilla Corn Niblets</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
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7	<p><u>Choose one</u></p> <p>1. Cheesy Stufed Pizza Stick with Marinara Sauce Seasoned Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>
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8	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Patty Hash Brown Potato</p> <p>2. Yogurt Plate with Bagel & String Cheese Hash Brown Potato</p> <p>Fruit & Milk included in all Meals</p>
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9	<p>Half Day</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
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12	<p><u>Choose one</u></p> <p>1. Chicken Patty on a Bun BBQ Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
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13	<p><u>Choose one</u></p> <p>1. Cheese Pizza Bites with Marinara Fresh Green Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
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14	<p><u>Choose one</u></p> <p>1. Tangerine Chicken Asian Fried Rice Seasoned Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>
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15	<p><u>Choose one</u></p> <p>1. Waffles & Syrup Sausage Patty Hash Brown Potato</p> <p>2. Yogurt Plate with Bagel & String Cheese Hashed Brown Potato</p> <p>Fruit & Milk included in all Meals</p>
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16	<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
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19	<p><u>Choose one</u></p> <p>1. Chicken Nuggets Seasoned Noodles Seasoned Green Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
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20	<p><u>Choose one</u></p> <p>1. Cheese Calzone with Marinara Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
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21	<p><u>Choose one</u></p> <p>1. Teriyaki Chicken Asian Fried Rice Seasoned Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
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22	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Patty Hash Brown Potato</p> <p>2. Yogurt Plate with Bagel & String Cheese Hash Brown Potato</p> <p>Fruit & Milk included in all Meals</p>
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23	<p>Half Day</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Cucumber Coins</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>
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Winter Vacation

December 24 - January 2



**Come join us for Breakfast!
Only \$2.00 for Students!**



Choices include:
Assorted Muffins
Assorted Pastries
Assorted Cereal



All come with Fruit, Juice & Milk

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

December Physical Activity Tip:

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Decrease your chances of becoming depressed.
- Sleep well at night.
- Move around more easily.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new

**December Nutrition Tip:
Keep your Holidays Healthy!**

1. Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!
2. Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!
3. Don't forget to fill up on fruit and veggies! At least 5 servings per day!
4. Try this Fall Harvest Pumpin Yogurt Dip recipe!

Ingredients

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

Method

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat,
1 g sat. fat, 5 g carb

Substitute Kitchen Help needed! Come Join Our Amazing Team!

The Coventry/Andover School Food Service is now hiring substitute 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/>.

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

For more information about your school lunch program, visit
<http://www.coventrypublicschools.org/district/food-services>.

Want to be involved in school wellness?

Visit <https://www.coventrypublicschools.org/district/wellness-committee>.

Questions or comments about your student's lunches? We'd love to hear from you!

Call or email the Food Service Office at 860-742-4535 or bpratt@coventryct.org.