

Student Lunch....FREE
 Student Breakfast..FREE
 Milk.....\$0.50
 Adult Lunch....\$4.50
 Adult Breakfast...\$2.25

All meals come with
 milk and fruit!



Hale Early Education Center



2021

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



<p>Monday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Roll Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Tuesday, February 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Totally Taco MaxSnax Mexican Rice Corn Niblets 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Wednesday, February 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks Baked Tater Tots Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Thursday, February 4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Teriyaki Chicken Dippers with Fluffy Rice & Roll Fresh Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Friday, February 5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Bread Pizza Fresh Romaine Salad 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>
<p>Monday, February 8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders Seasoned Noodles Fresh Green Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Tuesday, February 9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Bites with Marinara Sauce Seasoned Curly Fries 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Wednesday, February 10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Broccoli 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Thursday, February 11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Syrup Sausage Patty Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Friday, February 12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza Fresh Romaine Salad 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>
<p>Monday, February 15</p>  <p>School will be closed today to celebrate Presidents' Day</p>	<p>Tuesday, February 16</p>  <p>School will be closed today for Winter Break</p>	<p>Wednesday, February 17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with Marinara Sauce Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Thursday, February 18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Friday, February 19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Pocket with Marinara Sauce Romaine Salad 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>
<p>Monday, February 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders Seasoned Noodles Fresh Green Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Tuesday, February 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheeseburger Baked French Fries BBQ Baked Beans 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Wednesday, February 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup Sausage Patty Baked Tater Tots 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Thursday, February 25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mandarin Orange Chicken with Fluffy Rice Asian Mixed Vegetables 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>	<p>Friday, February 26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Cheese Pizza Fresh Romaine Salad 2. Yogurt Plate with Bagel & String Cheese Veg Juice or Baby Carrots <p>Fruit & Milk included in all Meals</p>

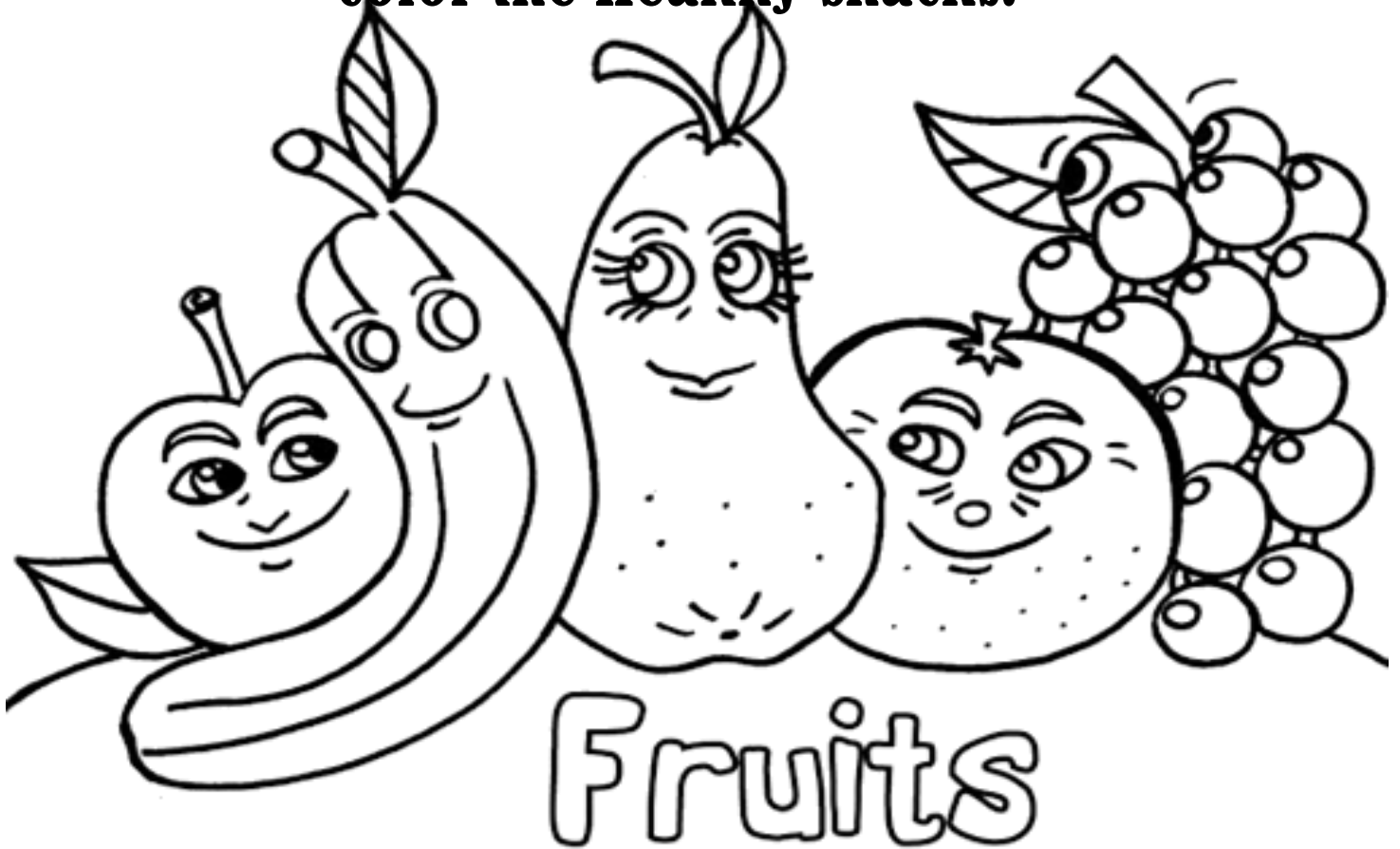


Come join us for Breakfast! It's FREE

Options include:
 Assorted Muffins, Pastries and Cereal

All choices come with Fruit, Juice and Milk
Don't skip the Most Important Meal of the Day!

Color the Healthy Snacks!



Granola Oat Bars – A healthy recipe to make with kids!

Ingredients:

1 ½ cups rolled oats
Vegetable cooking spray
1 egg
1 egg white
1 cup light brown sugar, packed
1 tablespoon vegetable oil
½ teaspoon cinnamon
¼ teaspoon salt
2/3 cup raisins
¼ cup chopped pecans
1 tablespoon flour

Directions:

Adult: Heat the oven to 350 degrees. Spread the oats on a baking sheet and toast, stirring occasionally until oats are browned, about 15 minutes. Remove from the oven and set aside.
Together: Cover an 8 by 11-inch baking pan with foil and then spray with vegetable cooking spray.
Kids: Whisk the egg, egg white, brown sugar, 1 Tbsp. vegetable oil, cinnamon, salt and vanilla extract together in a large bowl.
Kids: Stir in the oats, raisins, pecans and flour.
Adult: Spread the batter in the prepared pan and bake until golden brown about 30 to 35 minutes.
Adult: Remove the pan from the oven and place it on a wire rack to cool.
Together: Slice into 16 bars and serve.
Adult: Store bars in an air tight container for up to two weeks. Did you know? Oats are high in soluble fiber, which helps to control blood sugar levels and keep up your energy level.

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.



Follow us on Twitter!
[@CoveAndoSchFood](https://twitter.com/CoveAndoSchFood)

www.facebook.com/CoventryAndoverSchoolFoodService



Do you want free meals for weekends and days off?

For the link to sign up, visit

<http://www.coventrypublicschools.org/district/food-services>