

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

January

2022

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



Great News! All Student Breakfast and Lunches will be served at NO COST for the entire school year!

A-la-carte pricing still applies.
All menus subject to change.

Like us on Facebook!
[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

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

<p>Monday, January 3</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Seasoned Noodles Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>Tuesday, January 4</p> <p><u>Choose one</u></p> <p>1. Cheeseburger 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>	<p>Wednesday, January 5</p> <p><u>Choose one</u></p> <p>1. Cheese Quesadilla Fresh Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>Thursday, January 6</p> <p><u>Choose one</u></p> <p>1. Pancakes 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>	<p>Friday, January 7</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>
<p>Monday, January 10</p> <p><u>Choose one</u></p> <p>1. Popcorn Chicken Seasoned Noodles Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>Tuesday, January 11</p> <p><u>Choose one</u></p> <p>1. Soft Chicken Fajita Corn Niblets</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>Wednesday, January 12</p> <p><u>Choose one</u></p> <p>1. Cheesy Stuffed Pizza Stick with Marinara Fresh Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>Thursday, January 13</p> <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>	<p>Friday, January 14</p> <p>Half Day! Bagged Lunch Fresh Yogurt and Bagel Mozzarella String Cheese Cucumber Coins Fresh Apple & Milk Milk</p>
<p>Monday, January 17</p> <p>School will be closed to celebrate Martin Luther King Day!</p>	<p>Tuesday, January 18</p> <p><u>Choose one</u></p> <p>1. Mexican Beef Taco Cucumber Coins</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>Wednesday, January 19</p> <p><u>Choose one</u></p> <p>1. Tangerine Chicken with Fluffy Rice Asian Mixed Vegetables</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>Thursday, January 20</p> <p><u>Choose one</u></p> <p>1. Waffles & Syrup 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>	<p>Friday, January 21</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>

Come join us for Breakfast! It's FREE for All Students!

◆ Assorted Muffins ◆ Assorted Cereal ◆ Pastries
 All choices come with Fruit, Juice and Milk

**Don't skip the Most
 Important Meal of the Day!**

<p>Monday, January 24</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni & Cheese Fresh Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>Tuesday, January 25</p> <p><u>Choose one</u></p> <p>1. BBQ Rib Mashed Potato Butternut Squash</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>Wednesday, January 26</p> <p><u>Choose one</u></p> <p>1. Pasta and Meatballs with Marinara Sauce Green Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>Thursday, January 27</p> <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>	<p>Friday, January 28</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>
<p>Monday, January 31</p> <p><u>Choose one</u></p> <p>1. Chicken Patty on a Roll Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>Tuesday, February 1</p> <p><u>Choose one</u></p> <p>1. Cheeseburger on a Bun Cucumber Coins</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>Wednesday, February 2</p> <p><u>Choose one</u></p> <p>1. French Bread Cheese Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>Thursday, February 3</p> <p><u>Choose one</u></p> <p>1. Teriyaki Chicken Dippers Fluffy Rice Fresh Broccoli</p> <p>2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>Friday, February 4</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>

Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring part time and 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/>.

Come Join Our Amazing Team!

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 email bp Pratt@coventryct.org.

This institution is an equal opportunity provider.



Chef Solus Goes to the Market



Say the name of the food on each sign. Draw a line from each sign to the matching food.

