



Andover Elementary School

November 2025

Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.50
Reduced Price Bfast	\$0.30

Milk only	\$0.75
Adult Lunch	\$5.50
Adult Breakfast	\$3.25

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

All breads & grains are whole

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Choose one</u> 1. Popcorn Chicken Bowl - Dinner Roll 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Mashed Potatoes Fresh Baby Carrots Assorted Fruit Choice of Milk	 School will be Closed Today For Election Day	<u>Choose one</u> 1. French Toast Sticks - Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Chicken Taco - Seasoned Rice 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Choice of Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk
<u>Choose one</u> 1. Chicken Nuggets - Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	 School will be Closed Today For Veterans' Day	Early Release Conferences 12 <u>Choose one</u> 1. Pancakes and Syrup - Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	Early Release Conferences 13 <u>Choose one</u> 1. Lasagna with Marinara 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Choice of Cheese or BBQ Chicken Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk
<u>Choose one</u> 1. Chicken Patty on a Bun 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Cheese Quesadilla 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Waffles and Syrup - Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Grilled Cheese - Tomato Soup 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> California Mixed Vegetables Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Choice of Cheese or Chicken Bacon Ranch Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk
<u>Choose one</u> 1. Holiday Nuggets - Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Cheese Filled Pizza Sticks with Marinara 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Choice of Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk	 Happy Thanksgiving School will be closed to celebrate Thanksgiving	

Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition



Come join us for Breakfast!

Just \$2.50 for All Students!

Choices may include:

- ◆ Fresh Made Bacon & Egg Sandwich
- ◆ Assorted Muffins ◆ Assorted Cereal
- ◆ Cinnamon Buns ◆ Breakfast Bars
- ◆ Pastries

All choices come with Fruit, Juice and Milk

* Students approved for FREE lunch are automatically eligible for FREE breakfast and breakfast for students approved for REDUCED meals is just 30¢.

Don't skip the Most Important



November Physical Activity Tip: Always put safety first when exercising.

See these safe exercise guidelines:

- Use Proper Equipment.
- Warm Up.
- Develop a balanced fitness program incorporating cardio, strength training, and flexibility.
- Stretch.
- Take Your Time.
- Drink Water.
- Cool Down.
- Replace your athletic shoes as they wear out.
- Rest.



November Nutrition Tip:

November is National Apple Month! Did you know that apples can be very beneficial to your health?

Check out these impressive benefits of eating these delicious fruit. Apples:

- Are Nutritious
- May support weight loss
- Might help prevent cancer
- Could be good for your heart
- May promote gut health
- Linked to a lower risk of diabetes
- Could help fight asthma
- May help protect your brain



Parents – Log onto **family.schoolcafe.com** or download the "**SchoolCafe Family Hub**" app to view your student's account balance and make payments. For more information about your school lunch program, visit <http://www.coventrypublicschools.org/district/food-services>.

Please inform your school nurse if your child has a food allergy.

Visit <https://www.coventrypublicschools.org/district/wellness-committee>
to be involved in school wellness!

Questions or comments about your student's lunches?

We'd love to hear from you! Call the Food Service Office at 860-742-4535.

This institution is an equal opportunity provider.