



# Andover Elementary School

# September 2024

### Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	\$2.25
Reduced Price Bfast	FREE
Milk only	\$0.75
Adult Lunch	\$5.00
Adult Breakfast	\$2.75

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



Like us on Facebook!

[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! @CPS\_AES\_SchFood

<b>28</b>
<u>Choose one</u>
1. Chicken Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate
<u>Choose up to Three</u>
Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>29</b>
<u>Choose one</u>
1. Mozzarella Sticks with Marinara 2. Cheeseburger 3. Yogurt Plate
<u>Choose up to Three</u>
Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>30</b>
<u>Choose one</u>
1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>2</b>
<b>Happy Labor Day</b>
School will be closed today to celebrate Labor Day!

<b>3</b>
<u>Choose one</u>
1. Popcorn Chicken Seasoned Rice 2. Cheeseburger 3. Yogurt Plate
<u>Choose up to Three</u>
Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>4</b>
<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

<b>5</b>
<u>Choose one</u>
1. Cheese Quesadilla 2. Cheeseburger 3. Yogurt Plate
<u>Choose up to Three</u>
Corn Niblets Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>6</b>
<u>Choose one</u>
1. French Bread Pizza 2. Hot Dog 3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>9</b>
<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

<b>10</b>
<u>Choose one</u>
1. Cheese Pizza Pocket with Marinara 2. Cheeseburger 3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>11</b>
<u>Choose one</u>
1. Pancakes & 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

<b>12</b>
<u>Choose one</u>
1. General Tso or Orange Chicken with Asian Rice 2. Cheeseburger 3. Yogurt Plate
<u>Choose up to Three</u>
Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>13</b>
<u>Choose one</u>
1. Personal Pan Cheese Pizza 2. Hot Dog 3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>16</b>
<u>Choose one</u>
1. Chicken Nuggets Seasoned Noodles 2. Hot Dog 3. Yogurt Plate
<u>Choose up to Three</u>
Seasoned Chick Peas Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>17</b>
<u>Choose one</u>
1. Cheese Lasagna with Marinara 2. Cheeseburger 3. Yogurt Plate
<u>Choose up to Three</u>
Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>18</b>
<u>Choose one</u>
1. Waffles & 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

<b>19</b>
<u>Choose one</u>
1. Max Snax Taco 2. Cheeseburger 3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk

<b>20</b>
<u>Choose one</u>
1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate
<u>Choose up to Three</u>
Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

## September Nutrition Tip: September is Whole Grains Month

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



<b>23</b>	<b>24</b>	<b>27</b>	<b>26</b>	<b>27</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Tenders Seasoned Noodles</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Filled Pizza Bites with Marinara</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Sausage Assorted Toppings</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Grilled Cheese Tomato Soup</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Slice</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Popcorn Chicken Macaroni and Cheese</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Chick Peas Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Walking Taco with Toppings</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patties</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pasta and Meatballs Marinara Sauce</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>

**NEW!** Parents – Log onto [family.schoolcafe.com](http://family.schoolcafe.com) or download the "SchoolCafe Family Hub" app 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? Call or email 860-742-4535 or [bpratt@coventryct.org](mailto:bpratt@coventryct.org).

**Please inform your school nurse if your child has a food allergy.** This institution is an equal opportunity provider.

## Come join us for Breakfast!

**Just \$2.25 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

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

## September Fitness Tip!

Motivation is key to maintaining a regular exercise schedule — yes, schedule. Exercise can be fun and entertaining, but if you're not keeping a schedule, chances are you aren't doing it consistently enough. A schedule is self-motivating because you'll have that appointment every day and won't want to let yourself down. So figure out a time that works well for you.

Other than keeping that precious workout appointment, the best motivator is having fun. Think of things you enjoy. Exercising doesn't have to be a drag. Instead of being a hamster on a treadmill, get out and get your heart pumping doing something you like. Play frisbee with your dog. Turn up that playlist and dance! If you can't figure out a way to keep motivated, sign up for a class — then you will probably feel obligated and motivated — and you may meet some new workout buddies.



## Substitute and Part Time Kitchen Help needed! Come Join Our Amazing Team!

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