



Andover Elementary School

October

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
<p>Like us on Facebook! @CoventryAndoverSchoolFoodService</p> <p>Follow us on Twitter! @CPS_AES_SchFood</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Walking Taco with Toppings Cheeseburger Yogurt Plate <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"> French Toast Sticks Sausage Patties Hot Dog Yogurt Plate <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"> Pasta and Meatballs Marinara Sauce Cheeseburger Yogurt Plate <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"> Choice of Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Seasoned Rice Hot Dog Yogurt Plate <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"> Choice of Pizza Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Syrup Sausage Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Quesadilla Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	 <p>School will be closed today for Staff Development</p>

National School Lunch Week! October 14 - 18, 2024

Students receive a raffle entry for Amazon Gift Cards for every lunch purchased this week. Drawings will be held October 21, 2024

 <p>School will be closed today for Indigenous People Day!</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Pocket with Marinara Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> General Tso or Orange Chicken with Asian Rice Cheeseburger Yogurt Plate <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"> Choice of Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Seasoned Noodles Hot Dog Yogurt Plate <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"> Fresh Baked Cheesy Mozzarella Sticks Cheeseburger Yogurt Plate <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"> French Toast Sticks Sausage Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Max Snax Taco Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>



DID YOU KNOW?

President Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom.

28	29	30	Halloween! 31	1
<u>Choose one</u> 1. Chicken Tenders 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 Bites with Marinara 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. Pancakes & Sausage Assorted Toppings 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	<u>Choose one</u> 1. Halloween Nuggets Macaroni & Cheese 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

NEW! Parents – Log onto 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.

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

**Students approved for FREE or Reduced lunches are automatically eligible from FREE breakfast*

Don't skip the Most Important

October Fitness Tip:

Experts recommend that teens do 60 minutes or more of physical activity every day. Most of that should be moderate to vigorous aerobic activity. Aerobic activity is anything that gets your heart going - like biking, dancing, or running. Then take a few minutes for some strength training. You don't need any equipment - pushups, situps, squats, leg lifts, and lunges are body weight exercises you can do if you don't have weights.



October Nutrition Tip:

October is National Farm to School Month! Did you know that most of our produce served in school comes from local farms? We purchase farm fresh produce from many of our Connecticut Farmers. Eating farm fresh fruit and vegetables is a great way to get the freshest nutrients and to support our local farmers!

**NATIONAL
FARM to
SCHOOL
MONTH**



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/>.