



Andover Elementary School

December 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
2	3	4	5	6
<p><u>Choose one</u></p> <p>1. Popcorn Chicken Seasoned Rice</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <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> <p>1. Mozzarella Sticks with Marinara Sauce</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <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> <p>1. French Toast Sticks Sausage Patties</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <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> <p>1. Pasta and Meatballs Marinara Sauce</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <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> <p>1. Choice of Pizza</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
9	10	11	12	13
<p><u>Choose one</u></p> <p>1. Chicken Tenders Seasoned Noodles</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <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> <p>1. Walking Beef Tacos</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Refried Beans or Corn Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Waffles & Syrup Sausage Patty</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>Pajama Day!</p> <p><u>Choose one</u></p> <p>1. Pancakes with Toppings Sausage Patty</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
16	17	18	19	20
<p><u>Choose one</u></p> <p>1. Holiday Nuggets Macaroni & Cheese</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <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> <p>1. General Tso or Orange Chicken with Asian Rice</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <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> <p>1. Pancakes & Syrup Sausage Patty</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <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> <p>1. Cheese Pizza Pocket with Marinara</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>



Winter Vacation December 23 - January 1

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.



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

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



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 for FREE breakfast*

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



Substitute 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/>.

December Physical Activity Tip: Benefits!

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Decrease your chances of becoming depressed.
- Sleep well at night.
- Move around more easily.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!



December Nutrition Tip: Keep your Holidays Healthy!

1. *Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!*
2. *Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!*
3. *Don't forget to fill up on fruit and veggies! At least 5 servings per day!*
4. *Try this Fall Harvest Pumpin Yogurt Dip recipe!*

Ingredients

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

Method

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat, 1 g sat. fat, 5 g carb

Enjoy!