



# AES Early Learning Center

# 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

<p>2</p>  <p>School will be closed today to celebrate Labor Day!</p>	<p>3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Popcorn Chicken Seasoned Rice Fresh Broccoli</li> <li>Yogurt Plate with Muffin &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks Sausage Patty Baked Hash Brown</li> <li>Yogurt Plate with Bagel &amp; String Cheese Baked Hash Brown</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Turkey Slider on a Bun Corn Niblets</li> <li>Yogurt Plate with Muffin &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Bread Pizza Fresh Vegetable Sticks</li> <li>Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p>9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Patty on a Bun Baked Beans</li> <li>Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Pocket with Marinara Seasoned Broccoli</li> <li>Yogurt Plate with Muffin &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pancakes &amp; Syrup Sausage Patty Baked Hash Brown</li> <li>Yogurt Plate with Bagel &amp; String Cheese Baked Hash Brown</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Orange Chicken with Fried Rice Seasoned Green Beans</li> <li>Yogurt Plate with Muffin &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Personal Pan Cheese Pizza Fresh Vegetable Sticks</li> <li>Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p>16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Nuggets Seasoned Noodles Seasoned Chick Peas</li> <li>Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Lasagna with Marinara Seasoned Green Beans</li> <li>Yogurt Plate with Muffin &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Waffles &amp; Syrup Sausage Patty Baked Hash Brown</li> <li>Yogurt Plate with Bagel &amp; String Cheese Baked Hash Brown</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Turkey Slider on a Bun Fresh Broccoli</li> <li>Yogurt Plate with Muffin &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Stuffed Crust Pizza Fresh Vegetable Sticks</li> <li>Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>




## September Nutrition Tip: September is Whole Grains Month

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole.



23	<u>Choose one</u>	24	<u>Choose one</u>	25	<u>Choose one</u>	26	<u>Choose one</u>	27	<u>Choose one</u>
	1. Chicken Tenders Seasoned Noodles Baked Beans		1. Cheese Filled Pizza Bites with Marinara Seasoned Green Beans		1. Pancakes and Syrup Sausage Patty Baked Hash Brown		1. Grilled Cheese Sandwich Seasoned Broccoli		1. Cheese Pizza Slice Fresh Vegetable Sticks
	2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks		2. Yogurt Plate with Muffin & String Cheese Cucumber Coins		2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown		2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees		2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks
	<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>
30	<u>Choose one</u>	1	<u>Choose one</u>	2	<u>Choose one</u>	3	<u>Choose one</u>	4	<u>Choose one</u>
	1. Popcorn Chicken Macaroni and Cheese Seasoned Chick Peas		1. Walking Tacos  Corn Niblets		1. French Toast Sticks Sausage Patty Baked Hash Brown		1. Pasta and Meatballs with Marinara Seasoned Broccoli		1. Cheese Pizza Slice Fresh Vegetable Sticks
	2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks		2. Yogurt Plate with Muffin & String Cheese Cucumber Coins		2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown		2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees		2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks
	<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>		<b>Fruit &amp; Milk included in all Meals</b>

**Snack provided daily** may include:

Fresh Orange Smiles		Apple Sauce Teddy
Sliced Peaches		Grahams
Gold Fish Crackers		String Cheese
100% Fruit Pops		Cherrios
Cucumber Coins		Apple Slices
Strawberry Cups		Pretzels

**Come join us for Breakfast!**

**Just \$2.25 for All Students!**

Options include:

◆ Pancakes    ◆ Assorted Muffins    ◆ Assorted Cereal

All choices come with Fruit, Juice and Milk

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




**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/>.

**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.



**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.**

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

Questions or comments about your student's meals? **We'd love to hear from you!** Call the Kitchen at 860-742-7339 or the Food Service Office at 860-742-4535. The AES Early Learning Center participates in the Child & Adult Care Food Program and Child Nutrition Program. All menus meet or exceed the nutritional requirements of these programs.

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