



AES Early Learning Center

February 2024

Meal Prices	
Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Bfast	FREE
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

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!



Find these symbols on this menu to check out our newest, scratch made recipes!



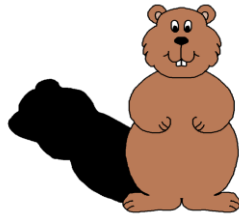
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY




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<p>5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Macaroni and Cheese Sweet Mashed Butternut Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pasta and Meatballs Marinara Sauce Seasoned Green Beans Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p>7</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Syrup Sausage Patty Baked Hash Brown Potato Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p>8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheeseburger on a Bun Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>9</p> <p>Chinese New Year</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Orange Chicken Seasoned Rice Fresh Vegetable Sticks Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
<p>12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Bun Baked Beans Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Patty Baked Hash Brown Potato Yogurt Plate with Muffin & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p>14</p> <p>Valentines Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Heart Shaped Chicken Nuggets & Mac & Cheese Seasoned Green Beans Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p>15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese Sandwich Seasoned Broccoli Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p>16</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Personal Pan Pizza Fresh Vegetable Sticks Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
<p>19</p> <p>School will be closed today to celebrate Presidents' Day!</p>	<p>20</p> <p>School will be closed today for February Break</p>	<p>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Syrup Sausage Patty Baked Hash Brown Potato Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p>22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Orange Chicken with Seasoned Rice Seasoned Broccoli Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p>23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 4X6 Cheese Pizza Fresh Vegetable Sticks Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>

Substitute Kitchen Help needed! The Coventry/Andover School Food Service is now hiring substitute 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/>. **Come Join Our Amazing Team!**

26	<i>Choose one</i>	27	<i>Choose one</i>	28	<i>Choose one</i>	Leap Year Day! 29	<i>Choose one</i>	1	<i>Choose one</i>
<i>New!</i> 1. Chicken Tenders Seasoned Rice Italian Chick Pea Salad 2. Yogurt Plate with Bagel & String Cheese Cucumber Coins Fruit & Milk included in all Meals	 1. Cheese Calzone Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees Fruit & Milk included in all Meals	1. French Toast Sticks Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown Fruit & Milk included in all Meals	1. Cheeseburger on a Bun Corn Niblets 2. Yogurt Plate with Muffin & String Cheese Fresh Vegetable Sticks Fruit & Milk included in all Meals	Stuffed Crust Cheese Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks Fruit & Milk included in all Meals					

Snack provided daily may include:

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

Come join us for Breakfast!
It's FREE 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!




February Nutrition tip: Eat the rainbow! Eating a variety of fruits and vegetables of different colors will provide you with necessary nutrients and keep you healthy.

- **Red-** Good for your heart and blood health. Foods like cherries, tomatoes, and red peppers!
- **Orange-** Prevent and reduce the risk of cancer. Foods like pumpkin, carrots, and mangoes!
- **Yellow-** Good for your skin, heart, and eyes. Helps prevent you from getting sick. Foods like bananas, summer squash, pineapple, and corn!
- **Green-** Good for your bones and helps Good for your bones and helps your body fight sickness. Foods like broccoli, kiwi, cucumber, and spinach!
- **Blue-** Improves memory and brain function. Food like blueberries and blackberries!
- **Purple-** Helps fight inflammation in your body. Foods like grapes, figs, onions, and eggplant!

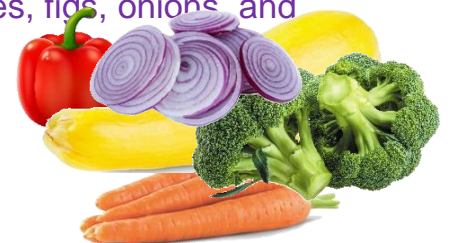
Rainbow Roasted Vegetables

Ingredients:

- 2 red bell peppers
- 4 carrots
- 2 yellow squashes
- 1 pound broccoli
- 1 red onion
- ½ tsp kosher salt
- ¼ tsp black pepper
- 3 tbsp olive oil

Method:

- Preheat oven to 400 degrees.
- Cut vegetables into bite sized pieces.
- Toss vegetables in oil, salt, and pepper.
- Arrange in a single layer on a cookie sheet.
- Cook for 20-25 minutes until for tender.
- Enjoy!



Parents: Visit www.myschoolaccount.com to view your student's account 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.