



Andover Elementary School

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

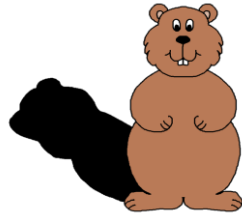
MONDAY



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

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

TUESDAY



WEDNESDAY



THURSDAY

| |
|---------------------------|
| 1 |
| <u>Choose one</u> |
| 1. Popcorn Chicken |
| Seasoned Noodles |
| 2. Cheeseburger |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Seasoned Broccoli |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 2 |
| <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 |

| |
|---------------------------|
| 5 |
| <u>Choose one</u> |
| 1. Chicken Nuggets |
| Macaroni and Cheese |
| 2. Hot Dog |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Sweet Mashed Butternut |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 6 |
| <u>Choose one</u> |
| 1. Pasta and Meatballs |
| with Marinara |
| 2. Cheeseburger |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Seasoned Green Beans |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 7 |
| <u>Choose one</u> |
| 1. Waffles and Syrup |
| Sausage |
| 2. Hot Dog |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Hash Brown Potato |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 8 |
| <u>Choose one</u> |
| 1. Cheese |
| Quesadilla |
| 2. Cheeseburger |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Mexican Chick Pea Salad |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 9 |
| Chinese New Year |
| <u>Choose one</u> |
| 1. General Tso or Orange |
| Chicken & Rice |
| 2. Hot Dog |
| 3. Yogurt Plate |
| Fortune Cookie! |
| <u>Choose up to Three</u> |
| Fresh Vegetable Sticks |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 12 |
| <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 |

| |
|---------------------------|
| 13 |
| <u>Choose one</u> |
| 1. Pancakes & Sausage |
| Assorted Toppings |
| 2. Cheeseburger |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Hash Brown Potato |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 14 |
| Valentines Day! |
| <u>Choose one</u> |
| 1. Heart Shaped Chicken |
| Nuggets & Mac & Cheese |
| 2. Hot Dog |
| 3. Yogurt Plate |
| Red Jello! |
| <u>Choose up to Three</u> |
| Seasoned Green Beans |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 15 |
| <u>Choose one</u> |
| 1. Grilled Cheese |
| Tomato Soup |
| 2. Cheeseburger |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Seasoned Broccoli |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 16 |
| Early Release |
| <u>Choose one</u> |
| 1. Personal Pan |
| Pizza |
| 2. Hot Dog |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Fresh Vegetable Sticks |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|-------------------------------------------------------------------------------------|
| 19 |
|  |
| School will be closed today to celebrate Presidents' Day |

| |
|-------------------------------------------------------------------------------------|
| 20 |
|  |
| School will be closed today for February Break |

| |
|---------------------------|
| 21 |
| <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 |

| |
|---------------------------|
| 22 |
| <u>Choose one</u> |
| 1. Orange Chicken |
| with Seasoned Rice |
| 2. Cheeseburger |
| 3. Yogurt Plate |
| <u>Choose up to Three</u> |
| Seasoned Broccoli |
| Fresh Baby Carrots |
| Assorted Fruit |
| Choice of Milk |

| |
|---------------------------|
| 23 |
| <u>Choose one</u> |
| 1. 4X6 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 |

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 | 27 | 28 | Leap Year Day! 29 | 1 |
| <u>Choose one</u> | <u>Choose one</u> | <u>Choose one</u> | <u>Choose one</u> | <u>Choose one</u> |
| 1. Chicken Tenders Seasoned Rice 2. Hot Dog 3. Yogurt Plate | <i>New!</i> 1. Pepperoni Calzone 2. Cheeseburger 3. Yogurt Plate | 1. French Toast Sticks Sausage Patty 2. Hot Dog 3. Yogurt Plate | 1. Hard Shell Mexican Beef Tacos 2. Cheeseburger 3. Yogurt Plate | 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate |
| <i>New!</i> <u>Choose up to Three</u> | <u>Choose up to Three</u> | <i>New!</i> Apple Pie Granola! <u>Choose up to Three</u> | Jello with Gummy Frog! <u>Choose up to Three</u> | <u>Choose up to Three</u> |
| Italian Chick Pea Salad Fresh Baby Carrots Assorted Fruit Choice of Milk | Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk | Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk | Refried Beans or Corn Fresh Baby Carrots Assorted Fruit Choice of Milk | Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk |



Come join us for Breakfast! It's FREE for All Students!

Choices may include: ♦ Fresh Made Bacon & Egg Sandwich ♦ Pastries ♦ Assorted Muffins
♦ Assorted Cereal ♦ Cinnamon Buns ♦ Breakfast Bars

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 – View your student’s lunch balance and make payments at www.myschoolaccount.com

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.