



AES Early Learning Center

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
<p>2</p> <p><u>Choose one</u></p> <p>1. Popcorn Chicken Seasoned Rice Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>3</p> <p><u>Choose one</u></p> <p>1. Mozzarella Sticks with Marinara Seasoned Broccoli</p> <p>2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>4</p> <p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>5</p> <p><u>Choose one</u></p> <p>1. Pasta and Meatballs with Marinara Seasoned Broccoli</p> <p>2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>6</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
<p>9</p> <p><u>Choose one</u></p> <p>1. Chicken Tenders Seasoned Noodles Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>10</p> <p><u>Choose one</u></p> <p>1. Walking Tacos Corn Niblets</p> <p>2. Yogurt Plate with Muffin & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>11</p> <p>Early Release</p> <p><u>Choose one</u></p> <p>1. Waffles and Syrup Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>12</p> <p>Early Release</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Muffin & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>13</p> <p>Pajama Day!</p> <p><u>Choose one</u></p> <p>1. Pancakes with Toppings Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Bagel & String Cheese Baked Hash Browns</p> <p>Fruit & Milk included in all Meals</p>
<p>16</p> <p><u>Choose one</u></p> <p>1. Holiday Nuggets Macaroni & Cheese Baked Beans</p> <p>2. Yogurt Plate with Bagel & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>17</p> <p><u>Choose one</u></p> <p>1. Orange Chicken with Asian Rice Seasoned Green Beans</p> <p>2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>18</p> <p><u>Choose one</u></p> <p>1. Pancakes & Syrup Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>19</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Pocket with Marinara Seasoned Broccoli</p> <p>2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>20</p> <p>Early Release</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>



Winter Vacation

December 23 - January 1



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!

Just \$2.25 for All Students!

Options include:

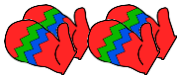
- ◆ Pancakes
- ◆ Assorted Muffins
- ◆ Assorted Cereal

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 Meal of the Day!





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**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!



**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/>.

NEW! Parents – Log onto 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.