





Andover Elementary School

February 2025

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>3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Tenders Seasoned Noodles Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Pizza Bites Marinara Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Syrup Sausage Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pasta and Meatballs Marinara Sauce Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>7</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Bun Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>11</p> <p><u>Choose one</u></p> <p>Choice of Pizza</p> <ol style="list-style-type: none"> Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> General Tso or Orange Chicken with Asian Rice Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>National Pancake Day! 13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Patty Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>Valentines Day! 14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Holiday Nuggets Macaroni and Cheese Hot Dog Yogurt Plate Red Jello! <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<p>17</p>  <p>School will be closed today to celebrate Presidents' Day!</p>	<p>18</p>  <p>School will be closed today for Staff Development</p>	<p>19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Marinara Sauce Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<p>24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Tenders Seasoned Noodles Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese Tomato Soup Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>National Chili Day! 27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Fresh Made Chili Warm Corn Bread Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Waffle Fries Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>

Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition



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 from 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/>.

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 tbs 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 – Log onto family.schoolcafe.com or download the "SchoolCafe Family Hub" app to view your student's meal 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.