



AES Early Learning Center

January 2026

HAPPY NEW YEAR

Meal Prices

Student Lunch	\$3.25
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.50
Reduced Price Bfast	\$0.30

Milk only	\$0.75
Adult Lunch	\$5.50
Adult Breakfast	\$3.25

All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk

All breads & grains are whole

MONDAY

5	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Bowl Dinner Roll Mashed Potatoes Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>
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TUESDAY

6	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Pasta and Meatballs Marinara Sauce Broccoli Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>
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WEDNESDAY

7	<p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Patty Baked Hash Brown Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>
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THURSDAY

8	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Taco Seasoned Rice Refried Beans Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
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FRIDAY

9	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Fresh Vegetable Sticks Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
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12	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Tenders Macaroni and Cheese Seasoned Green Beans Yogurt Plate with Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
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13	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Quesadilla Refried Beans Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
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14	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes and Syrup Sausage Patty Baked Hash Brown Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>
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15	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Lasagna with Marinara Seasoned Broccoli Yogurt Plate with Dinner Roll & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>
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16	<p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Fresh Vegetable Sticks Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
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19	 <p>School will be closed today to celebrate Martin Luther King Day!</p>
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20	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheesy Stuffed Pizza Stick with Marinara Sauce Seasoned Green Beans Yogurt Plate with Muffin & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
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21	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles and Syrup Sausage Patty Baked Hash Brown Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>
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22	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Orange Chicken Asian Rice California Mixed Vegetables Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
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23	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Fresh Vegetable Sticks Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
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26	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Bun Baked Beans Yogurt Plate with Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
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27	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese Tomato Soup California Mixed Vegetables Yogurt Plate with Dinner Roll & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
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28	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes and Syrup Sausage Patty Baked Hash Brown Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>
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29	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Marinara Sauce California Mixed Vegetables Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>
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30	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Choice of Pizza Fresh Vegetable Sticks Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
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Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition

Come join us for Breakfast! Just \$2.50 for All Students!

Options include:

- ◆ Pancakes ◆ Assorted Muffins ◆ Assorted Cereal

All choices come with Fruit, Juice and Milk

* Students approved for FREE lunch are automatically eligible for FREE breakfast and breakfast for students approved for REDUCED meals is just 30¢.

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



Snack provided daily may include:

Fresh Orange Smiles
Sliced Peaches
Gold Fish Crackers
100% Fruit Pops
Cucumber Coins
Strawberry Cups



Apple Sauce
Teddy Grahams
String Cheese
Cherrios
Apple Slices
Pretzels

HEALTH & FITNESS CORNER

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.



Did you know ...

- Breakfast supplies essential nutrients.
- Breakfast contributes less than 20% of daily calories, but significant levels of many key vitamins and minerals including: Calcium, Iron and B vitamins .

Nutrition Tip:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.



Parents – Log onto **family.schoolcafe.com** or download the "**SchoolCafe Family Hub**" app to view your student's account balance and make payments. For more information about your school lunch program, visit <http://www.coventrypublicschools.org/district/food-services>.

Please inform your school nurse if your child has a food allergy.

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

Questions or comments about your student's lunches?

We'd love to hear from you! Call the Food Service Office at 860-742-4535.

This institution is an equal opportunity provider.