



AES Early Learning Center

January 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!






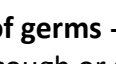
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Macaroni and Cheese Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Choice of Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders Seasoned Noodles Baked Beans 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Bites with Marinara Seasoned Green Beans 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles and Syrup Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pasta and Meatballs Marinara Sauce Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Choice of Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun Baked Beans 2. Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Calzone with Marinara Seasoned Green Beans 2. Yogurt Plate with Muffin & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Syrup Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Orange Chicken with Fried Rice Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Choice of Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
<p>School will be closed today to celebrate Martin Luther King Day!</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Popcorn Chicken Seasoned Rice Baked Beans 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with Marinara Baked French Fries 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Choice of Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>

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/>.

27	<u>Choose one</u>	28	<u>Choose one</u>	29	<u>Choose one</u>	30	<u>Choose one</u>	31	<u>Early Release</u> <u>Choose one</u>
	1. Chicken Tenders Seasoned Noodles Seasoned Broccoli		1. Cheese Quesadilla Corn Niblets		1. Pancakes and Syrup Sausage Patty Baked Hash Brown		1. Grilled Cheese Tomato Soup Baked French Fries		1. Choice of Pizza Fresh Vegetable Sticks
	2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees		2. Yogurt Plate with Muffin & String Cheese Cucumber Coins		2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown		2. Yogurt Plate with Muffin & String Cheese Cucumber Coins		2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks
	Fruit & Milk included in all Meals		Fruit & Milk included in all Meals		Fruit & Milk included in all Meals		Fruit & Milk included in all Meals		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!

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!

Wellness Tips to help you stay healthy this winter!

- 1. Limit the spread of germs** - Remember to cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. Wash your hands regularly using soap and warm water and scrub for at least 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer.
- 2. Stay hydrated** - Drinking enough water each day boosts your immune system and helps you fight viruses. Aim to drink enough water to equal two-thirds of your body weight in ounces every day.
- 3. Up your vitamin D intake** - Low vit D can make you susceptible to illnesses and negatively affect your mental health. Boost your levels by getting in the sunshine and eating foods high in vitamin D, like mushrooms and salmon.
- 4. Manage dry skin** - Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.
- 5. Stay rested** - A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night lets your body recover and protect against sickness.
- 6. See a provider when you're sick** - If you have COVID-19 or flu symptoms, call your health care provider to get tested or for expert advice to help you recover.



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.