



AES Early Learning Center

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> <p>1. Chicken Tenders Seasoned Noodles Baked Beans</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>4</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Bites with Marinara Seasoned Green Beans</p> <p>2. Yogurt Plate with Muffin & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>5</p> <p><u>Choose one</u></p> <p>1. Waffles and Syrup Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>6</p> <p><u>Choose one</u></p> <p>1. Pasta and Meatballs Marinara Sauce Seasoned Broccoli</p> <p>2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>7</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
<p>10</p> <p><u>Choose one</u></p> <p>1. Chicken Patty on a Bun Baked Beans</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>11</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza Seasoned Green Beans</p> <p>2. Yogurt Plate with Muffin & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>	<p>12</p> <p><u>Choose one</u></p> <p>1. Orange Chicken with Fried Rice Seasoned Broccoli</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>13</p> <p>National Pancake Day!</p> <p><u>Choose one</u></p> <p>1. Pancakes and Syrup Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Muffin & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>14</p> <p>Valentines Day!</p> <p><u>Choose one</u></p> <p>1. Holiday Nuggets Macaroni & Cheese Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</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> <p>1. French Toast Sticks Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>20</p> <p><u>Choose one</u></p> <p>1. Mozzarella Sticks with Marinara Baked French Fries</p> <p>2. Yogurt Plate with Muffin & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>21</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>
<p>24</p> <p><u>Choose one</u></p> <p>1. Chicken Tenders Seasoned Noodles Seasoned Broccoli</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Raw Broccoli Trees</p> <p>Fruit & Milk included in all Meals</p>	<p>25</p> <p><u>Choose one</u></p> <p>1. Grilled Cheese Tomato Soup Baked French Fries</p> <p>2. Yogurt Plate with Muffin & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>26</p> <p><u>Choose one</u></p> <p>1. Pancakes and Syrup Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Baked Hash Brown</p> <p>Fruit & Milk included in all Meals</p>	<p>27</p> <p>National Chili Day!</p> <p><u>Choose one</u></p> <p>1. Fresh Made Chili Warm Corn Bread Baked Waffle Fries</p> <p>2. Yogurt Plate with Muffin & String Cheese Cucumber Coins</p> <p>Fruit & Milk included in all Meals</p>	<p>28</p> <p><u>Choose one</u></p> <p>1. Choice of Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Dinner Roll & String Cheese Fresh Vegetable Sticks</p> <p>Fruit & Milk included in all Meals</p>

Follow us on Social Media!






CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition



Snack provided daily may include:

Fresh Orange		Apple Sauce
Smiles		Teddy
Sliced Peaches		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!

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!



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/>.

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