



Andover Elementary School

April

2023

Meal Prices

Student Lunch	Free
Student Breakfast	Free
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50
Snacks	\$1.00

All Meals include a choice of White or Flavored Milk

All breads & grains are whole grain rich for better health!

GREAT NEWS! All student meals (breakfast and lunch) will be served free of charge for the remainder of the 2022-2023 school year!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Seasoned 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><u>Choose one</u></p> <ol style="list-style-type: none"> Mexican Beef Tacos Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans or Corn Fresh Baby Carrots Assorted Fruit Choice of Milk</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><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	 <p>School will be closed today to celebrate Good Friday!</p>

Spring Break April 10 - 14, 2023

17	18	19	20	21
<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><u>Choose one</u></p> <ol style="list-style-type: none"> Cheesy Stuffed Pizza Sticks with Marinara Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</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><u>Choose one</u></p> <ol style="list-style-type: none"> Corn Dog Nuggets 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><u>Choose one</u></p> <ol style="list-style-type: none"> Personal Pan Cheese 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>
24	25	26	27	28
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Seasoned Noodles Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Chick Peas Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Lasagna with 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><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><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Quesadilla Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust 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>

Parents – View your student’s lunch balance and make payments at www.myschoolaccount.com

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.

This institution is an equal opportunity provider.

Come join us for Breakfast!

It's FREE for 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

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

Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring substitute 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/>.

Come Join Our Amazing Team!



April Nutrition Tip: Stay Hydrated

You should be sipping water throughout the day, especially if you are active. One of the easiest ways to make sure you do this is to carry a refillable water bottle with you. Then you can fill it whenever you pass a water fountain, and carrying it with you will remind you to make sure you're drinking.

While sodas and energy drinks are a nice treat, they can easily dehydrate you which can put your health at serious risk during exercise. The caffeine in these drinks can also increase your heart rate and blood pressure. Water will keep you hydrated which will prevent your muscles from cramping and help your body maintain an optimal core temperature. But don't just chug some water right before being active; make sure you're hydrating consistently so you can get the full benefits.

Like us on Facebook!

[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! @CPS_AES_SchFood

April Physical Activity Tip: Did you know that participating in physical activity will:

- Increase your concentration
- Improve your self-esteem
- Build stronger bones and muscles
- Improve your mental health
- Improve your posture and balance
- Improve your fitness
- Reduce your stress
- Help you have a strong heart
- Help with healthy growth and development
- Help you meet new friends
- Help you do better at school



Did You Know ...

To make one kilo of honey, bees have to visit 4 million flowers, traveling a distance equal to 4 times around the earth. Busy like a bee indeed!

