



Andover Elementary School

January 2024

Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Bfast	FREE
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

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!



Find these symbols on this menu to check out our newest, scratch made recipes!



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pasta and Meatballs with Marinara 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Sausage Assorted Toppings 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Grilled Cheese Tomato Soup 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<p>15</p>  <p>School will be closed today to celebrate Martin Luther King Day!</p>	<p>16</p>  <p>School will be closed today for Teachers' Meetings</p>	<p>17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup Sausage Patty 2. Hot Dog 3. 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>18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Orange Chicken with Seasoned Rice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. 4X6 Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>
<p>22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders Seasoned Rice 2. Hot Dog 3. Yogurt Plate <p>New! <u>Choose up to Three</u></p> <p>Chili Roasted Chick Peas Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Quesadilla 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty 2. Hot Dog 3. Yogurt Plate <p>New! <u>Apple Pie Granola!</u></p> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p>25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Hard Shell Mexican Beef Tacos 2. Cheeseburger 3. 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>26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>






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Follow us on Twitter! @CPS_AES_SchFood

Come Join Us For Breakfast! It's Free All Year for All Students!



<p>New! <u>Choose one</u>  29</p> <p>1. Sweet & Sour Honey Chicken with Seasoned Rice</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Mixed Asian Vegetables</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit</p> <p>Choice of Milk</p>	<p><u>Choose one</u> 30</p> <p>1. Walking Taco</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Refried Beans or Corn</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit</p> <p>Choice of Milk</p>	<p><u>Choose one</u> 31</p> <p>1. Pancakes and Syrup Sausage Patty</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p>New! <u>Apple Crisp!</u> </p> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit</p> <p>Choice of Milk</p>	<p>New! <u>Choose one</u>  1</p> <p>1. School Made Enchilada Bake</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit</p> <p>Choice of Milk</p>	<p><u>Choose one</u> 2</p> <p>1. Stuffed Crust Pizza</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit</p> <p>Choice of Milk</p>
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Come join us for Breakfast! It's FREE for All Students!

Choices may include: ♦ Fresh Made Bacon & Egg Sandwich ♦ Pastries ♦ Assorted Muffins
♦ Assorted Cereal ♦ Cinnamon Buns ♦ Breakfast Bars

All choices come with Fruit, Juice and Milk ***Don't skip the Most Important Meal of the Day!***

Obscure January Holidays!

Polar Bear Plunge Day (1st)- a day when crazy people jump into frigid cold water just so they can say they did.

J.R.R Tolkien Day (3rd) – celebrate the brilliant author behind the Lord of the Rings.

Earth's Rotation Day (8th)- because, you know, it's pretty important to have a planet that rotates.



National Static Electricity Day (9th) – for all of you who love rubbing balloons against your head and sticking them to things!



Dress Up Your Pet Day (14th)- because dogs and cats LOVE costumes!



Appreciate a Dragon Day (16th)- Personally, I think we should appreciate dragons every day!

Thesaurus Day (18th)- A brilliant holiday for word lovers! A radiant festival for logophiles! (If you see what I did there, this holiday is for you)

Answer Your Cat's Questions Day (22nd) – I don't even know where to begin.



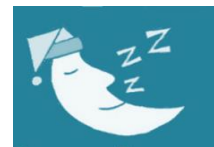
Rubber Ducky Day (28th)- Rubber Ducky, you're the one!

January Health Tip: Get your ZZZZZZZ's!

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.



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.

Please inform your school nurse if your child has a food allergy. This institution is an equal opportunity provider.