



# AES Early Learning Center

## 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



#### Choose one

1. Chicken Nuggets  
Macaroni and Cheese  
Seasoned Broccoli
2. Yogurt Plate with  
Bagel & String Cheese  
Raw Broccoli Trees

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Waffles & Syrup  
Sausage Patty  
Baked Hash Brown Potato
2. Yogurt Plate with  
Bagel & String Cheese  
Baked Hash Brown

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Cheeseburger  
on a Bun  
Seasoned Green Beans
2. Yogurt Plate with  
Muffin & String Cheese  
Cucumber Coins

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Stuffed Crust  
Cheese Pizza  
Fresh Vegetable Sticks
2. Yogurt Plate with  
Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Chicken Patty  
on a Bun  
Baked Beans
2. Yogurt Plate with  
Bagel & String Cheese  
Cucumber Coins

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Pasta and Meatballs  
with Marinara Sauce  
Seasoned Broccoli
2. Yogurt Plate with  
Muffin & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Pancakes & Syrup  
Sausage Patty  
Baked Hash Brown Potato
2. Yogurt Plate with  
Bagel & String Cheese  
Baked Hash Brown

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Grilled Cheese  
Sandwich  
Seasoned Broccoli
2. Yogurt Plate with  
Muffin & String Cheese  
Raw Broccoli Trees

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Personal Pan  
Pizza  
Fresh Vegetable Sticks
2. Yogurt Plate with  
Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included  
in all Meals**



**School will be closed  
today to celebrate  
Martin Luther King Day!**



**School will be  
closed today for  
Teachers' Meetings**

#### Choose one

1. Waffles & Syrup  
Sausage Patty  
Baked Hash Brown Potato
2. Yogurt Plate with  
Bagel & String Cheese  
Baked Hash Brown

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Orange Chicken  
with Seasoned Rice  
Seasoned Broccoli
2. Yogurt Plate with  
Muffin & String Cheese  
Raw Broccoli Trees

**Fruit & Milk included  
in all Meals**

#### Choose one

1. 4X6 Cheese  
Pizza  
Fresh Vegetable Sticks
2. Yogurt Plate with  
Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Chicken Tenders  
Seasoned Rice  
Cucumber Coins
2. Yogurt Plate with  
Bagel & String Cheese  
Cucumber Coins

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Cheese  
Quesadilla  
Corn Niblets
2. Yogurt Plate with  
Muffin & String Cheese  
Cucumber Coins

**Fruit & Milk included  
in all Meals**

#### Choose one

1. French Toast Sticks  
Sausage Patty  
Baked Hash Brown
2. Yogurt Plate with  
Bagel & String Cheese  
Baked Hash Brown

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Cheeseburger  
on a Bun  
Corn Niblets
2. Yogurt Plate with  
Muffin & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included  
in all Meals**

#### Choose one

1. Stuffed Crust  
Cheese Pizza  
Fresh Vegetable Sticks
2. Yogurt Plate with  
Bagel & String Cheese  
Fresh Vegetable Sticks

**Fruit & Milk included  
in all Meals**



**Like us on Facebook! @CoventryAndoverSchoolFoodService**

**Follow us on Twitter! @CPS\_AES\_SchFood**

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



<p><b>New!</b> <u>Choose one</u> <span style="float: right;">29</span></p> <p>1. Sweet and Sour Honey Chicken &amp; Seasoned Rice Mixed Asian Vegetables</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><u>Choose one</u> <span style="float: right;">30</span></p> <p>1. Cheeseburger on a Bun Corn Niblets</p> <p>2. Yogurt Plate with Muffin &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><u>Choose one</u> <span style="float: right;">31</span></p> <p>1. Pancakes and Syrup Sausage Patty Baked Hash Brown</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Baked Hash Brown</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>New!</b> <u>Choose one</u> <span style="float: right;">1</span></p> <p>1. School Made Enchilada Bake Seasoned Broccoli</p> <p>2. Yogurt Plate with Muffin &amp; String Cheese Raw Broccoli Trees</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><u>Choose one</u> <span style="float: right;">2</span></p> <p>Stuffed Crust Cheese Pizza Fresh Vegetable Sticks</p> <p>2. Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</p> <p><b>Fruit &amp; Milk included in all Meals</b></p>
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### 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

### Come join us for Breakfast!

#### It's FREE for All Students!

Options include: ♦ Pancakes  
♦ Assorted Muffins ♦ Assorted Cereal  
All choices come with Fruit, Juice and Milk

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

### 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.



### 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!



**Parents:** Visit [www.myschoolaccount.com](http://www.myschoolaccount.com) 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.*