

Andover Elementary School

eptember

Meal Prices

28

\$3.00 Reduced Price Lunch \$0.40 Student Breakfast \$2.50 Reduced Price Bfast \$0.30

Milk only \$0.75 Adult Lunch \$5.50 Adult Breakfast \$3.25

All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk

All breads & grains are whole

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Choose one

- 1. Chicken Nuggets Macaroni and Cheese
 - 2. Cheeseburger
 - 3. Yogurt Plate

Choose up to Three

Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

1. Grilled Cheese

Tomato Soup

2. Cheeseburger

Choose one

29

- 1. Choice of Pizza
- 2. Hot Dog
- 3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk



Choose one 1. BBQ Rib

- on a Bun 2. Cheeseburger
- 3. Yogurt Plate
- Choose up to Three **Baked French Fries** Fresh Baby Carrots Assorted Fruit

Choose one

- 1. Waffles and Syrup Sausage Patty
 - 2. Hot Dog
- 3. Yogurt Plate Choose up to Three

Baked Hash Brown Potato

Fresh Baby Carrots

Assorted Fruit

Choice of Milk

3. Yogurt Plate

3

10

Choose up to Three California Mixed Vegetables Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

- 1. Choice of
 - Pizza
- 2. Hot Dog 3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

School will be closed

today to celebrate

Labor Day!

- 1. Chicken Patty on a Bun 2. Hot Dog
- 3. Yogurt Plate

Choose up to Three

8

Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

Choice of Milk

- 1. Mozzarella Sticks Marinara Sauce
- 2. Cheeseburger
- 3. Yogurt Plate

Choose up to Three

Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

- 1. Pancakes & Syrup Sausage Patty
 - 2. Hot Dog
 - 3. Yogurt Plate

Choose up to Three

Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

11

18

- 1. Orange Chicken with Asian Rice
- 2. Cheeseburger
- 3. Yogurt Plate

Choose up to Three

Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

1. Cheese Lasagna

with Marinara

2. Cheeseburger

3. Yogurt Plate

Fresh Baby Carrots

Assorted Fruit

Choice of Milk

Choose one

12

19

- 1. Choice of Pizza
- 2. Hot Dog
- 3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

Early Release

Choose one

- 1. Choice of Pizza
- 2. Hot Dog
- 3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

15

Choose one

- 1. Chicken Nuggets Seasoned Noodles
 - 2. Hot Dog
 - 3. Yogurt Plate

Choose up to Three

Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

- 1. Nacho Grande with Tortilla Chips
- 2. Cheeseburger
- 3. Yogurt Plate

Choose up to Three

Refried Beans Fresh Baby Carrots Assorted Fruit Choice of Milk

Choose one

16

- 1. French Toast Sticks Sausage Patty
 - 2. Hot Dog
 - 3. Yogurt Plate

Choose up to Three

Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit

Choose up to Three Seasoned Broccoli

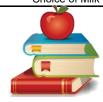
17

Choice of Milk

Follow us on Social Media!

CoventryAndoverSchoolFoodService coventryandoverschoolnutrition





22	23	24	25	26
<u>Choose one</u>	<u>Choose one</u>	Choose one	<u>Choose one</u>	<u>Choose one</u>
1. Popcorn Chicken Bowl	1. Cheese Calzone	1. Pancakes & Syrup	1. General Tso Chicken	1. Choice of
Mashed Potatoes & Bread Stick	Marinara Sauce	Sausage Patty	Asian Rice	Pizza
2. Hot Dog	2. Cheeseburger	2. Hot Dog	2. Cheeseburger	2. Hot Dog
3. Yogurt Plate	3. Yogurt Plate	3. Yogurt Plate	3. Yogurt Plate	3. Yogurt Plate
Choose up to Three	Choose up to Three	Choose up to Three	Choose up to Three	Choose up to Three
Seasoned Broccoli	Seasoned Green Beans	Baked Hash Brown Potato	Seasoned Broccoli	Fresh Vegetable Sticks
Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
29	30	1	2	3
<u>Choose one</u>	<u>Choose one</u>	Choose one	Choose one	<u>Choose one</u>
1. Chicken Tenders	1. Cheese Pizza Bites	1. French Toast Sticks	1. Chicken Taco	1. Choice of
Seasoned Noodles	Marinara Sauce	Sausage Patty	Seasoned Rice	Pizza
2. Hot Dog	2. Cheeseburger	2. Hot Dog	2. Cheeseburger	2. Hot Dog
3. Yogurt Plate	3. Yogurt Plate	3. Yogurt Plate	3. Yogurt Plate	3. Yogurt Plate
Choose up to Three	Choose up to Three	Choose up to Three	Choose up to Three	Choose up to Three
Seasoned Broccoli	Seasoned Green Beans	Baked Hash Brown Potato	Refried Beans	Fresh Vegetable Sticks
Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Come join us for Breakfast! Just \$2.50 for All 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
*Students approved for FREE or Reduced lunches
are automatically
elibigible from FREE breakfast

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

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/.

Healthy Baked Apple Chips!

Slice apples 1/8" thick using a mandoline on the thinnest setting. Make sure to slice from the bottom of the apple. Line two baking sheets with parchment paper or a silpat mat and arrange the apple slices in a single layer on top. You can place the apples close to each other as they will get smaller while baking.

Sprinkle cinnamon on both sides of the apple and bake for one hour. The cinnamon is optional,

but I recommend giving your apples a little cinnamon love for extra flavor.

Flip the apple slices while they are still warm and bake for 1 more hour, or until the pieces are fully dry and crispy.

Let them cool in the oven for 30 minutes to finish off the dehydration process.

Test the apple chips by letting them sit on the sheet pan for about 5 minutes. If they taste crispy enough, they are ready. If not, place them back in the oven for 15 more minutes. **ENJOY!**



Parents – Log onto **family.schoolcafe.com** or download the "**SchoolCafe Family Hub**" app to view your student's account balance and make payments. For more information about your school lunch program, visit http://www.coventrypublicschools.org/district/food-services.

Please inform your school nurse if your child has a food allergy.

Visit https://www.coventrypublicschools.org/district/wellness-committee to be involved in school wellness!

Questions or comments about your student's lunches?

We'd love to hear from you! Call the Food Service Office at 860-742-4535.

This institution is an equal opportunity provider.