



# AES Early Learning Center

## March

## 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!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



## Celebrate National School Breakfast Week!

March 4 - 8, 2024

Students will receive a prize for every breakfast purchased this week.



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




<p><b>4</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni and Cheese Seasoned Broccoli</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>5</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pasta and Meatballs Marinara Sauce Seasoned Green Beans</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>6</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Patty Baked Hash Brown Potato</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Baked Hash Brown</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>7</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Quesadilla Refried Beans</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>1</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Cheese Pizza Fresh Vegetable Sticks</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>
<p><b>11</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun Baked Beans</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>12</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup Sausage Patty Baked Hash Brown Potato</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Baked Hash Brown</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>13</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Orange Chicken with Seasoned Rice Seasoned Broccoli</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>14</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Grilled Cheese Sandwich Seasoned Broccoli</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>15</b></p>  <p><b>School will be closed today for Teachers' meetings.</b></p>
<p><b>18</b></p>  <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Shamrock Shaped Nuggets Seasoned Noodles Honey Roasted Veggies</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>19</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheesy Stuffed Pizza Sticks with Marinara Seasoned Green Beans</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>20</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Patty Baked Hash Brown Potato</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Baked Hash Brown</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>21</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Ravioli with Marinara and Roll Seasoned Broccoli</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p><b>22</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. 4X6 Cheese Pizza Fresh Vegetable Sticks</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>

**Like us on Facebook! @CoventryAndoverSchoolFoodService**

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



<p>25</p> <p><u>Choose one</u></p> <p><b>New!</b></p> <ol style="list-style-type: none"> <li>1. Chicken Tenders Seasoned Rice Orange Glazed Carrots</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Cucumber Coins</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patty Baked Hash Brown</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Baked Hash Brown</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>Early Dismissal 27</p> <p><u>Choose one</u></p> <p><b>New!</b></p> <ol style="list-style-type: none"> <li>1. Cheese Calzone Seasoned Broccoli</li> <li>2. Yogurt Plate with Bagel &amp; String Cheese Raw Broccoli Trees</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Cheese Pizza Seasoned Green Beans</li> <li>2. Yogurt Plate with Muffin &amp; String Cheese Fresh Vegetable Sticks</li> </ol> <p><b>Fruit &amp; Milk included in all Meals</b></p>	<p>29</p>  <p><b>School will be closed today to celebrate Good Friday</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!**

**Physical Activity Tip:** Children age 3 - 5 need to be physically active every day! Here are some ways to get physically active throughout the day:

- Walk your dog in the morning.
- Do some pushups at home.
- Take the stairs when you can.
- Play a sport with friends afterschool.
- Take a walk with your family after dinner.



**DID YOU  
KNOW?**

- Applesauce was the first food eaten in space.
- Pistachios are fruits.
- Cucumbers are 95% water.
- French fries were invented in Belgium, not France.
- The average American eats about 50 hot dogs per year.
- There are over 600 different types of pasta shapes produced worldwide.
- Ben & Jerry's is the leading ice cream brand in the United States.
- Rows of corn are always an even number.
- Avocados are fruits.
- There are more than 10,000 difference varieties of tomatoes.
- A spoonful of sugar can cure your hiccups.
- One cluster of bananas is called a hand.



### 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!**

**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.*