



Andover Elementary School

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Celebrate National School Breakfast Week!


March 4 - 8, 2024

Students will receive a raffle entry for Amazon Gift Cards for every breakfast purchased this week.
Drawings will be held March 12, 2024



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




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|--|--|--|--|---|
| <p>4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p> | <p>5</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>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles and Syrup 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>7</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>Refried Beans Fresh Baby Carrots Assorted Fruit Choice of Milk</p> | <p>8</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>11</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>12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Sausage 2. Cheeseburger 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>13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. General Tso or Orange Chicken & Rice 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>14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Grilled Cheese 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>15</p>  <p>School will be closed today for Teachers' meetings.</p> |
| <p>18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Shamrock Shaped Nuggets 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Honey Roasted Veggies 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. Cheesy Stuffed Pizza Sticks 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>20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup 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>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Ravioli with Marinara and Dinner Roll 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>22</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> |

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| <p>25</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><i>New!</i> <u>Choose up to Three</u></p> <p>Orange Glazed Carrots 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. French Toast Sticks Sausage Patty 2. Cheeseburger 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>Early Dismissal 27</p> <p><u>Choose one</u></p> <p><i>New!</i> <ol style="list-style-type: none"> 1. Pepperoni Calzone 2. Hot Dog 3. Yogurt Plate </p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p> | <p>28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Cheese Pizza 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>29</p>  <p>School will be closed today to celebrate Good Friday!</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!***



Physical Activity Tip: Kids and teens aged 6-17 need 60 minutes of physical activity 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 – 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.