



# Andover Elementary School



# April 2022



Meal Prices  
**Student Lunch...FREE**  
**Student Breakfast...FREE**  
 Milk only.....50¢  
 Bottled Water .....\$1.00  
 Adult Lunch.....\$4.50  
 Adult Breakfast.....\$2.25  
 Adult Water.....\$1.25  
 \*\*\*\*\*

All breads & grains are whole grain rich for better health!

## PurpleUp! For Military Kids!

By proclamation of Governor Ned Lamont, April is the **Month of the Military Child**. Help us celebrate **PurpleUp! For Military Kids** on **April 27<sup>th</sup>**, by wearing or displaying purple to recognize the strength and the sacrifices of our military children. Purple references the joint environment of the military, encompassing all service branches, Active Duty, Reserve, National Guard, and Veterans. Purple combines each branch's colors into one: the Air Force, Navy, and Coast Guard all use shades of blue, the Army uses green, and the Marines use red.

**Like us on Facebook!**

[@CoventryAndover SchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

**Follow us on Twitter!**

[@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)

Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets Macaroni &amp; Cheese</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Seasoned Green Beans</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><b>Taco Tuesday</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. MaxSnax Totally Taco</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Refried Beans</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles and Sausage Patty</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Hash Brown Potato</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Teriyaki Chicken Nuggets with Rice</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Seasoned Broccoli</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Personal Pan Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Fresh Vegetable Sticks</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>



## April 11 - 15, 2022 Spring Break!



Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Popcorn Chicken Seasoned Rice</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Baked Beans</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><b>Taco Tuesday</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Nacho Grande with Tostito Chips</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Corn Niblets</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Toast Sticks Sausage Patty</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Baked Hash Brown Potato</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Bites</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Seasoned Broccoli</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <ul style="list-style-type: none"> <li>Fresh Vegetable Sticks</li> <li>Fresh Baby Carrots</li> <li>Assorted Fruit</li> <li>Choice of Milk</li> </ul>

**Substitute Kitchen Help needed!** The Coventry/Andover School Food Service is 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!

Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><b>Taco Tuesday</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mexican Beef Tacos</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Refried Beans or Corn Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Grilled Cheese Sandwich</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Assorted Fruit Choice of Milk</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Personal Pan Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk</p>

## Come join us for Breakfast! It's FREE for All Students!

Mondays: Assorted Muffins

Tuesdays: Kruller

Wednesdays: Mini Cinnis

Thursdays: Mini Pancakes

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



**April Nutrition Tip!** Here are five nutrition facts you should keep in mind daily:

**1. Rethink your drink** - Soda and other sweet drinks contain a lot of sugar, are high in calories and lack healthy nutrients. Drink water, 100% juice or fat-free milk. Dilute fruit juices with water or seltzer.



**2. Size matters** - Keeping an eye on portion size is key to maintaining a healthy weight. Avoid supersized portions. Use a smaller plate, bowl and glass. Stop eating when you are satisfied, not full.



**3. Focus on fiber** - Whole grains are an excellent source of fiber. Fiber aids in your digestion and may lower your risk of obesity, type 2 diabetes and heart disease. Also, high fiber foods can keep you fuller longer, which helps keep you from overeating.

**4. Color your plate** - Including several types of colorful fruits and vegetables to your plate adds lots of healthy vitamins and minerals to your meals. It's important to eat an array of these foods to give your body the tools it needs to keep you healthy.



**5. Snack smarter** - Snacking can help maintain energy. Stay away from sugary foods like candy or soda since they have little nutritional value. Instead, choose healthier options like fruit, yogurt, nuts, cut-up vegetables or whole grain crackers. Be mindful of portions and how many calories your snacks provide.

**What's In A Yogurt Plate?**



**Yogurt, String Cheese, Fruit, Milk, Baby Carrots and**

**Vegetable of the Day, plus: Monday, Wednesday, Friday: Bagel  
Tuesday, Thursday: Muffin**

**Parents:** Visit [www.myschoolaccount.com](http://www.myschoolaccount.com) to view your student's lunch balance and make payments.

Want to be involved in school wellness? Visit <https://www.coventrypublicschools.org/district/wellness-committee> to join us!

Questions or comments about your student's lunches? **We'd love to hear from you!**

Call the Kitchen at 860-742-7339 or the Food Service Office at 860-742-4535.