



Andover Elementary School

September

2021

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!	

Great News! All Student Breakfast and Lunches will be served at NO COST for the entire school year!

A-la-carte pricing still applies.

All menus subject to change.

<h2>Welcome Back</h2>		Wednesday, September 1 <u>Choose one</u> 1. Chicken Quesadilla 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Curly Fries Fresh Baby Carrots Assorted Fruit Choice of Milk	Thursday, September 2 <u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Browns Fresh Baby Carrots Assorted Fruit Choice of Milk	Friday, September 3 <u>Choose one</u> 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk
Monday, September 6 School will be closed today to celebrate Labor Day!	Tuesday, September 7 <u>Choose one</u> 1. Cheese Pizza Pocket with Marinara 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk	Wednesday, September 8 <u>Choose one</u> 1. Pancakes & Syrup Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	Thursday, September 9 <u>Choose one</u> 1. Nacho Grande Seasoned Rice 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choice of Milk	Friday, September 10 <u>Choose one</u> 1. Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk
Monday, September 13 <u>Choose one</u> 1. Chicken Nuggets Macaroni & Cheese 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	Tuesday, September 14 <u>Choose one</u> 1. Cheesy Stuffed Pizza Sticks with Marinara 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	Wednesday, September 15 <u>Choose one</u> 1. Waffles & Syrup Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	Thursday, September 16 <u>Choose one</u> 1. Pasta & Meatballs Garlic Bread 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk	Friday, September 17 <u>Choose one</u> 1. Personal Pan Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

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

Monday, September 20 <u>Choose one</u> 1. Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	Tuesday, September 21 <u>Choose one</u> 1. Pizza Bites with Marinara 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked French Fries Fresh Baby Carrots Assorted Fruit Choice of Milk	Wednesday, September 22 <u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	Thursday, September 23 <u>Choose one</u> 1. Meatball Sub 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Jello! Assorted Fruit & Milk	Friday, September 24 <u>Choose one</u> 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk
Monday, September 27 <u>Choose one</u> 1. Chicken Patty Macaroni & Cheese 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Broccoli Fresh Baby Carrots Assorted Fruit Choice of Milk	Tuesday, September 28 <u>Choose one</u> 1. Grilled Cheese Sandwich 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked French Fries Fresh Baby Carrots Assorted Fruit Choice of Milk	Wednesday, September 29 <u>Choose one</u> 1. Waffles & Syrup Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choice of Milk	Thursday, September 30 <u>Choose one</u> Mini Taco Quesadillas Mexican Rice 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Assorted Fruit Choice of Milk	Friday, October 1 <u>Choose one</u> 1. Personal Pan Cheese Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choice of Milk

September Nutrition Tip:

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily. Whole grains are most frequently consumed at breakfast. Ready-to-eat cereals are the #1 source of whole grain among children

September Fitness Tip:

Parents, set a positive example for your children by leading an active lifestyle yourself. Make physical activity part of your family's daily routine by taking family walks or playing active games together.



Come join us for Breakfast!

It's FREE for All Students!



Mondays: Krullers

Tuesdays: Chocolate Chip Muffins

Wednesdays: Mini Cinni's

Thursdays: Mini Pancakes

Fridays: Cereal



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

Parents: Visit 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.

This institution is an equal opportunity provider.