



AES Early Learning Center

January 2023

Meal Prices	
Student Lunch	\$3.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.00
Reduced Price Bfast	\$0.30
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
2	3	4	5	6
 <p>HAPPY NEW YEAR 2023!</p> <p>School will be closed today to celebrate the New Year!</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenderes Seasoned Noodles Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Syrup Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Stuffed Pizza Sticks with Marinara Seasoned Green Beans 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
9	10	11	12	13
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Seasoned Noodles Seasoned Green Beans 2. Yogurt Plate with Bagel & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Quesadilla Corn Niblets 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Grilled Cheese Sandwich Tomato Soup 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
16	17	18	19	20
 <p>School will be closed to celebrate Martin Luther King Day!</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun Baked Beans 2. Yogurt Plate with Bagel & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Bites with Marinara Sauce Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Slice Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>
23	24	25	26	27
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Macaroni & Cheese Seasoned Green Beans 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Southwest Queso Cheesy Bread Baked French Fries 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles and Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with Marinara Sauce Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees <p>Fruit & Milk included in all Meals</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks <p>Fruit & Milk included in all Meals</p>

Parents: Visit 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.

This institution is an equal opportunity provider.

30	<u>Choose one</u> 1. Popcorn Chicken Seasoned Rice Baked Beans 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks Fruit & Milk included in all Meals	31	<u>Choose one</u> 1. Cheese Stuffed Pizza Sticks with Marinara Seasoned Broccoli 2. Yogurt Plate with Muffin & String Cheese Raw Broccoli Trees Fruit & Milk included in all Meals	1	<u>Choose one</u> 1. French Toast Sticks Sausage Patty Baked Hash Brown 2. Yogurt Plate with Bagel & String Cheese Baked Hash Brown Fruit & Milk included in all Meals	2	<u>Choose one</u> 1. Cheese Quesadilla Corn Niblets 2. Yogurt Plate with Muffin & String Cheese Cucumber Coins Fruit & Milk included in all Meals	3	<u>Choose one</u> 1. Stuffed Crust Pizza Fresh Vegetable Sticks 2. Yogurt Plate with Bagel & String Cheese Fresh Vegetable Sticks Fruit & Milk included in all Meals
-----------	---	-----------	--	----------	--	----------	---	----------	--

Part-time and Substitute Kitchen Help needed! Come Join Our Amazing Team!

The Coventry/Andover School Food Service is now hiring part-time and 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/>.

Health and Wellness Tips for 2023

1. Be level-headed before anything else: A constant and driven desire to become a healthier person is praiseworthy in each human being. But Rome was not a built in day as they say. The same is true of body builders and the same is true of your overall wellness. You simply cannot expect yourself to become this pinnacle of health overnight just because you daydream about it. You must take daily, practical action that holds to your own personal reality. What is something you can accomplish by the end of the week? Start with this idea and build on it. Do not get caught up in the images of your hopeful six-pack only to be disappointed by its lack of appearance tomorrow morning.
2. Find your physical activity: The digital connectedness of the world as it stands today is a massive benefit in more ways than we have time to list off. But that fact does not mean all the technology making this possible does not come without any downsides. Social media is an informant, as much as you might not want to admit it. To be blunt, it tells people what they like and dislike. Yourself included. It might be that you have never tried something like rock climbing, canoeing, or something else. Before making any final judgements, get out there and give some new things a try!
3. Be greedy with your sleep: Another trend that has made itself overwhelmingly popular amongst the public is lack of sleep. People seem proud of the fact that they run on caffeine, little sleep, and a lack of emotions. But really think about that. Is a zombie-like state any way to go through life? No. So stop trading away your precious number of sleeping hours for next to little return. Too many people try to fit sleep in wherever it may fall. That is where they find themselves atop that slippery slope which leads to lack of sleep. Instead, plan your personal schedule around sleep. Not just a requisite amount, but plenty. After just a night of adhering to this schedule you will be thanking yourself.
4. Does your diet have a lot of natural color? Have you ever thought about the colors of the foods you eat? Likely not. But making a habit of observing this trend in your own life will behoove you more than you might think. Scientifically speaking, this approach to your diet may not be the most profound. But ensuring that your regular food intake contains naturally occurring greens, reds, purples, oranges, and yellows is exactly what you should be striving to accomplish here. Think about it this way – if all your foods are that off yellow color of many processed or fried foods, is that the kind of diet you want to maintain?
5. In everything, leave room for yourself: No matter how you slice it, modern society is incredibly demanding. Between school and homework, exercise and other responsibilities, you may find yourself short of time. But you can never forget about family, social obligations, and other activities. But where are you in all this? Are you even aware of yourself and your personal needs? This phrasing may sound off but when there are so many external factors pulling at your attention, self-care can fall by the wayside. Do all you can to remember this vital act, whatever it looks like for you personally. But most importantly, remember to smile and enjoy your fresh, new year!

Snack provided daily may include:

- | | | |
|----------------------|---|---------------|
| Fresh Orange Smiles |  | Apple Sauce |
| Sliced Peaches | | Teddy Grahams |
| Gold Fish Crackers |  | String Cheese |
| 100% Fruit Pops | | Cherrios |
| Fresh Cucumber Coins | | Apple Slices |
| Strawberry Cups |  | |



Come join us for Breakfast!

Only \$2.00 for 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!