

Meal Prices
 Student Lunch.....\$2.10
 Milk only.....50¢
 Adult Lunch.....\$3.00

All Meals include a choice of
 Skim 1/2% or 1% White or
 Flavored Milk

 All rolls & breads
 are whole wheat or
 whole grain for better
 health!



Andover Elementary School

January, 2012

HAPPY NEW YEAR

Also available daily
 are snacks which
 meet the
 CT Healthy Food
 Guidelines

Bottled water is
 available for 85¢
 Fresh Fruit is 50¢



<p>No School!</p> 	<p>Tuesday, January 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Patty on Whole Wheat Roll Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, January 4</p> <p>Lucky Plate Day!!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese on whole wheat Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, January 5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks with dipping sauce Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Potato Wedges Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, January 6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Tuna Boat Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
<p>Monday, January 9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Chicken Tenders with Buttered Noodles Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli & Cheese Sauce Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Tuesday, January 10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks with Sausage Links Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, January 11</p> <p>Lucky Plate Day!!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pasta & Meatsauce Whole Grain Dinner Roll Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, January 12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Nacho Grande Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, January 13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Long Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
<p>Monday, January 16</p> <p>No School!</p> 	<p>Tuesday, January 17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Baked Popcorn Chicken Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Potato Wedges Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, January 18</p> <p>Lucky Plate Day!!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mexican Taco with Fluffy Rice Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, January 19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Bacon Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, January 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Tuna Boat Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>



<p>Monday, January 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Baked Chicken Nuggets Macaroni & Cheese 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Carrot Coins Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Tuesday, January 24</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 Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, January 25</p> <p>Lucky Plate Day!!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Hot Open-Faced Turkey on Whole Wheat Roll 2. Long Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Potato Puffs Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, January 26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pasta & Meat Sauce 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, January 27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza 2. Long Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
<p>Monday, January 30</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Baked Chicken Patty on Whole Wheat Roll 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Tuesday, January 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Grilled Cheese on whole wheat 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, February 1</p> <p>Lucky Plate Day!!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Baked Potato Bar Assorted Toppings 2. Long Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, February 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with dipping sauce 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Potato Wedges Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, February 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza 2. Tuna Boat 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>

What was YOUR New Years Resolution? add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.



- Hershey's Kisses are called so because that machine that makes them looks like it's kissing the conveyor belt.
- Vanilla is the world's most favorite Ice Cream flavor.
- Shrimp's hearts are in

