

Capt Nathan Hale School



April 2025

| Meal Prices | |
|---------------------|--------|
| Student Lunch | \$3.25 |
| Deluxe Lunch | \$4.25 |
| Reduced Price Lunch | FREE |
| Student Breakfast | \$2.25 |
| Reduced Price Bfast | FREE |
| Milk only | \$0.75 |
| Adult Lunch | \$5.00 |
| Adult Breakfast | \$2.75 |

All Meals include a choice of White or Flavored Milk
All breads & grains are whole

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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| <p>April Fools Day! 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Emoji Nuggets Macaroni and Cheese Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pasta and Meatballs Marinara Sauce Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Syrup Sausage Links Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Assorted Fruit Choices</p> |
| <p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Popcorn Chicken Seasoned Noodles Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Philly Cheese Steak with Peppers and Onions Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Onion Rings Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheesy Stuffed Pizza Stick with Marinara Sauce Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles and Syrup Sausage Links Cheeseburger Deluxe Pizza Slice <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p> |



Spring Break April 14 - 18, 2025



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| <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Bun Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Corn Dog Nuggets Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Onion Rings Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> General Tso Chicken Asian Rice Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Links Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Assorted Fruit Choices</p> |
| <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Nuggets Macaroni and Cheese Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p> | <p>New! <u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Fajita Rice Bowl Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Beef Teriyaki Strips Seasoned Rice Baked Chicken Tenders Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes and Syrup Sausage Links Cheeseburger Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p> | <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks Baked Tater Tots Hot Dog Deluxe Pizza Slice* <p><u>Choose up to Three</u></p> <p>Fresh Romaine Salad Fresh Baby Carrots Assorted Fruit Choices</p> |



FRESH SALAD BAR AVAILABLE DAILY! (Free & Reduced Prices apply where applicable.)

Make a meal with a "Make Your Own" salad plate for \$4.00 for students; \$5.00 for adults.

Price includes your choice of 10 oz of assorted vegetables and protein, with choice of two bread items, fruit and milk.

Want a bigger salad? Add more vegetables and protein for just 25¢ an ounce.



Come join us for Breakfast!

Just \$2.25 for students!

- ◆ Fresh Made Bacon & Egg Sandwich
- ◆ Assorted Muffins & Pastries
- ◆ Assorted Cereal ◆ Cinnamon Buns
- ◆ Breakfast Bars



All choices come with Fruit, Juice and Milk

*Students approved for FREE or REDUCED lunches are automatically eligible for FREE Breakfast.

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

Substitute Kitchen Help needed!

Come Join Our Amazing Team!

The Coventry/Andover School Food Service is now hiring 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/>.

Drink, Calories and Container Size (fluid ounces)

Teaspoons of Sugar per Container Size

Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)



Soda

227 calories
20 fl. oz.

14 tsp



49 min.



Sports Drink

125 calories
20 fl. oz.

9 tsp



27 min.



Energy Drink

240 calories
16 fl. oz.

15 tsp



52 min.



Juice Drink

305 calories
20 fl. oz.

17 tsp



66 min.



Fruit-flavored Soda

165 calories
12.5 fl. oz.

11 tsp



36 min.



Vitamin-added Water

125 calories
20 fl. oz.

8 tsp



27 min.



Sweetened Tea

213 calories
20 fl. oz.

14 tsp



46 min.



Water

0 calories
20 fl. oz.

0 tsp



0 min.



Parents – Log onto family.schoolcafe.com or download the "SchoolCafe Family Hub" app to view your student's account balance and make payments. For more information about your school lunch program, visit <http://www.coventrypublicschools.org/district/food-services>.

Please inform your school nurse if your child has a food allergy.

Visit

<https://www.coventrypublicschools.org/district/wellness-committee> to be involved in school wellness!

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

Call the Food Service Office at 860-742-4535. ***This institution is an equal opportunity provider.***

Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition