



Hale Early Education Center

April 2026

Meal Prices

Student Lunch	\$3.10
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.50
Reduced Price Bfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$5.50
Adult Breakfast	\$3.25

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

Follow us on Social Media!



CoventryAndoverSchoolFoodService
coventryandoverschoolnutrition

1

Choose one

1. Chicken Tenders
Seasoned Broccoli
2. Yogurt Plate
Dinner Roll & String Cheese
Broccoli Trees

Fruit & Milk included in all Meals

2

Choose one

1. French Toast Sticks
Sausage Link
Baked Tater Tots
2. Yogurt Plate
Dinner Roll & String Cheese
Baked Tater Tots

Fruit & Milk included in all Meals

3

School will be closed today to celebrate Good Friday!

6

Choose one

1. Chicken Nuggets
Macaroni and Cheese
Cucumber Coins
2. Yogurt Plate
Dinner Roll & String Cheese
Cucumber Coins

Fruit & Milk included in all Meals

7

Choose one

1. Cheeseburger on a Bun
Cucumber Coins
2. Yogurt Plate
Dinner Roll & String Cheese
Cucumber Coins

Fruit & Milk included in all Meals

8

Local Beef!

Choose one

1. Beef Stew with Mixed Vegetables
2. Yogurt Plate
Dinner Roll & String Cheese
Fresh Vegetable Sticks

Fruit & Milk included in all Meals

9

Choose one

1. Waffles and Syrup
Sausage Link
Baked Tater Tots
2. Yogurt Plate
Dinner Roll & String Cheese
Baked Tater Tots

Fruit & Milk included in all Meals

10

Choose one

1. Cheese Pizza Slice
Cucumber Coins
2. Yogurt Plate
Dinner Roll & String Cheese
Cucumber Coins

Fruit & Milk included in all Meals



Spring Break April 13 - 17, 2026



20

Choose one

1. Popcorn Chicken
Seasoned Noodles
Baked Beans
2. Yogurt Plate
Dinner Roll & String Cheese
Fresh Vegetable Sticks

Fruit & Milk included in all Meals

21

Choose one

1. Pasta and Meatballs
Marinara Sauce
Seasoned Green Beans
2. Yogurt Plate
Dinner Roll & String Cheese
Cucumber Coins

Fruit & Milk included in all Meals

22

Choose one

1. Chicken Tenders
Baked French Fries
2. Yogurt Plate
Dinner Roll & String Cheese
Fresh Vegetable Sticks

Fruit & Milk included in all Meals

23

Choose one

1. French Toast Sticks
Sausage Link
Baked Tater Tots
2. Yogurt Plate
Dinner Roll & String Cheese
Baked Tater Tots

Fruit & Milk included in all Meals

24

Choose one

1. Cheese Pizza Slice
Cucumber Coins
2. Yogurt Plate
Dinner Roll & String Cheese
Cucumber Coins

Fruit & Milk included in all Meals

27

Choose one

1. Chicken Patty on a Bun
Baked Beans
2. Yogurt Plate
Dinner Roll & String Cheese
Fresh Vegetable Sticks

Fruit & Milk included in all Meals

28

Choose one

1. Cheeseburger on a Bun
Cucumber Coins
2. Yogurt Plate
Dinner Roll & String Cheese
Cucumber Coins

Fruit & Milk included in all Meals

29

Choose one

1. Meatball Sandwich with Marinara and Cheese
Seasoned Green Beans
2. Yogurt Plate
Dinner Roll & String Cheese
Fresh Vegetable Sticks

Fruit & Milk included in all Meals

30

Choose one

1. Pancakes and Syrup
Sausage Link
Baked Tater Tots
2. Yogurt Plate
Dinner Roll & String Cheese
Baked Tater Tots

Fruit & Milk included in all Meals

1

Choose one

1. Cheese Pizza Slice
Cucumber Coins
2. Yogurt Plate
Dinner Roll & String Cheese
Cucumber Coins

Fruit & Milk included in all Meals



Come join us for Breakfast! Just \$2.50 for All Students!

Choices include: Assorted Muffins, Pastries, and Cereal & come with Fruit, Juice & Milk

* Students approved for FREE lunch are automatically eligible for FREE breakfast and breakfast for students approved for REDUCED meals is just 30¢.

Don't skip the most important Meal of the Day!



Tips to Help Kids and Families Stay Active! Children need to be active for 60 minutes on most days of the week to maintain good health and fitness. Activity can be accumulated throughout the day. Even blocks of time as short as 15 minutes or more can count towards kids' daily activity goal.

Involve the whole family!

Talk about physical activity as a fun lifelong way to take care of your body and balance your food and energy, rather than viewing it as a chore

Celebrate accomplishments with fun activities instead of food or extra TV time

Establish a routine

Start small, gradually adding new activities to your routine

Set aside time each day for physical activity



Let your child pick and choose

Organized sports are great but there are many other activities children can do to be active that are not competitive. Let them select or choose as a family

Take a nature hike to collect leaves and rocks that your child can use to make a collage.

If your child likes to climb, head for the nearest neighborhood jungle gym

Let each child take a turn choosing the activity of the day or week

If your child likes to read, walk or bike to the neighborhood library for a book

Turn on your child's favorite music and dance in the living room



Limit screen time to no more than 1-2 hours per day

Ask them to decide how they would like to use their 1-2 hours of "screen time"

Avoid putting a television in your children's bedrooms

Keep the computer in a family area.

Limit other sedentary activities, such as text messaging or chatting on the phone.



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.**