



Coventry Grammar School

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Follow us on Social Media!



CoventryAndoverSchoolFoodService
coventryandoverschoolnutrition

1

Choose one

1. Pasta and Meatballs
Marinara Sauce
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

2

Choose one

1. French Toast Sticks
Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked Hash Brown
Fresh Baby Carrots
Assorted Fruit Choices

3



School will be closed today to celebrate Good Friday!

6

Choose one

1. Chicken Nuggets
Seasoned Noodles
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

7

Choose one

1. Corn Dog
Nuggets
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked French Fries
Fresh Baby Carrots
Assorted Fruit Choices

8

Choose one

1. Mozzarella Sticks
Marinara Sauce
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

9

Choose one

1. Waffles and Syrup
Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked Hash Brown
Fresh Baby Carrots
Assorted Fruit Choices

10

Choose one

1. Cheese Pizza
Slice
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices



Spring Break April 13 - 17, 2026



20

Choose one

1. Chicken Patty
on a Bun
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

21

Choose one

1. Personal Pan
Cheese Pizza
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices

22

Choose one

1. Cheese
Quesadilla
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Corn Niblets
Fresh Baby Carrots
Assorted Fruit Choices

23


Choose one

1. Pancakes and Syrup
Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked Hash Brown
Fresh Baby Carrots
Assorted Fruit Choices

24



Choose one

1. Cheese Pizza
Slice
2. Hot Dog
3. Yogurt Plate

pudding!

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices

27

Choose one

1. Popcorn Chicken
Seasoned Noodles
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

28

Choose one

1. Turkey and Cheese
Sandwich
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices

29

Choose one

1. Cheesy Bread Sticks
Marinara Sauce
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

30

Choose one

1. French Toast Sticks
Sausage Patty
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked Hash Brown
Fresh Baby Carrots
Assorted Fruit Choices

1

Choose one

1. Cheese Pizza
Slice
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices



Come join us for Breakfast! Just \$2.50* for all Students!

Mondays: Pancakes or Waffles
Tuesdays: Donut Stick
Wednesdays: Assorted Muffins
Thursdays: Assorted Danish
Fridays: Cinnamon Roll

Assorted Cereal is available every day.
All choices come with Fruit, Juice and 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.***