



G. H. Robertson 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

- Mexican Beef Taco
- Seasoned Rice
- Hot Dog
- Yogurt Plate

Choose up to Three

- Corn Niblets
- Fresh Baby Carrots
- Assorted Fruit Choices

2


Choose one

- Stuffed Crust Pizza
- Cheeseburger
- Yogurt Plate

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Assorted Fruit Choices

3



School will be closed today to celebrate Good Friday!

6

Choose one

- Chicken Tenders
- Seasoned Noodles
- Hot Dog
- Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

7

Choose one

- French Toast Sticks
- Sausage Patty
- Cheeseburger
- Yogurt Plate

Choose up to Three

- Hash Brown Potato
- Fresh Baby Carrots
- Assorted Fruit Choices

8

Choose one

- Mozzarella Sticks
- Marinara Sauce
- Hot Dog
- Yogurt Plate

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Assorted Fruit Choices

9

Choose one

- Corn Dog
- Nuggets
- Cheeseburger
- Yogurt Plate

Choose up to Three

- Onion Rings
- Fresh Baby Carrots
- Assorted Fruit Choices

10

Choose one

- Stuffed Crust Pizza
- Hot Dog
- Yogurt Plate

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Assorted Fruit Choices



Spring Break April 13 - 17, 2026



20

Choose one

- Popcorn Chicken
- Macaroni and Cheese
- Hot Dog
- Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

21

Choose one

- Cheese Filled Bread Stick with Marinara
- Cheeseburger
- Yogurt Plate

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Assorted Fruit Choices

22

Choose one

- General Sue's Chicken
- Asian Rice
- Hot Dog
- Yogurt Plate

Choose up to Three

- California Vegetables
- Fresh Baby Carrots
- Assorted Fruit Choices

23


Choose one

- Waffles and Syrup
- Scrambled Egg Patty
- Cheeseburger
- Yogurt Plate

Choose up to Three

- Baked Hash Brown
- Fresh Baby Carrots
- Assorted Fruit Choices

24



Choose one

- Personal Pan Pizza
- Hot Dog
- Yogurt Plate

Bear Cookie!

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Assorted Fruit Choices

27

Choose one

- Chicken Patty on a Bun
- Hot Dog
- Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

28

Choose one

- Mr. Daigneau's Sloppy Joe Sandwich
- Cheeseburger
- Yogurt Plate

Choose up to Three

- Baked French Fries
- Fresh Baby Carrots
- Assorted Fruit Choices

29

Choose one

- Grilled Cheese
- Tomato Soup
- Hot Dog
- Yogurt Plate

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Assorted Fruit Choices

30

Choose one

- BBQ Rib on a Bun
- Cheeseburger
- Yogurt Plate

Choose up to Three

- Corn Niblets
- Fresh Baby Carrots
- Assorted Fruit Choices

1

Choose one

- French Bread Pizza
- Hot Dog
- 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!

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

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.***