

Capt Nathan Hale School



April 2026

Meal Prices	
Student Lunch	\$3.35
Deluxe Lunch	\$4.50
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 White or 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
<u>Choose one</u>
1. General Tso Chicken Asian Rice
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Seasoned Broccoli
Fresh Baby Carrots
Assorted Fruit Choices

2
<u>Choose one</u>
1. French Toast Sticks Sausage Links
2. Cheeseburger
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

3

School will be closed today to celebrate Good Friday!

6
<u>Choose one</u>
1. Chicken Nuggets Macaroni and Cheese
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

7
<u>Choose one</u>
1. Corn Dog Nuggets
2. Cheeseburger
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Baked French Fries
Fresh Baby Carrots
Assorted Fruit Choices

8
Local Beef!
<u>Choose one</u>
1. Beef Stew Buttermilk Biscuit
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Mixed Vegetables
Fresh Baby Carrots
Assorted Fruit Choices

9
<u>Choose one</u>
1. Waffles and Syrup Sausage Links
2. Cheeseburger
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

10
<u>Choose one</u>
1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Fresh Romaine Salad
Fresh Baby Carrots
Assorted Fruit Choices



Spring Break April 13 - 17, 2026



20
<u>Choose one</u>
1. Popcorn Chicken Seasoned Noodles
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

21
<u>Choose one</u>
1. Pasta and Meatballs Marinara Sauce
2. Cheeseburger
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

22
Local Beef!
<u>Choose one</u>
1. Philly Cheese Steak with Peppers & Onions
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Onion Rings
Fresh Baby Carrots
Assorted Fruit Choices

23
<u>Choose one</u>
1. French Toast Sticks Sausage Links
2. Cheeseburger
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

24
<u>Choose one</u>
1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Fresh Romaine Salad
Fresh Baby Carrots
Assorted Fruit Choices

27
<u>Choose one</u>
1. Chicken Patty on a Roll
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

28
<u>Choose one</u>
1. Chicken Fajita Rice Bowl
2. Cheeseburger
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Corn Niblets
Fresh Baby Carrots
Assorted Fruit Choices

29
<u>Choose one</u>
1. Meatball Grinder with Sauce and Cheese
2. Baked Chicken Tenders
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

30
<u>Choose one</u>
1. Pancakes and Syrup Sausage Links
2. Cheeseburger
2. Deluxe Pizza Slice
<u>Choose up to Three</u>
Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

1
<u>Choose one</u>
1. Mozzarella Sticks Baked Tater Tots
2. Hot Dog
3. Deluxe Pizza Slice*
<u>Choose up to Three</u>
Fresh Romaine Salad
Fresh Baby Carrots
Assorted Fruit Choices





FRESH SALAD BAR AVAILABLE DAILY!

(Free & Reduced Prices apply where applicable.)

Make a meal with a "Make Your Own" salad plate for \$4.50 for students; \$5.50 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 \$2.50 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 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!**

How to Get Fit & Stay Healthy: 4 benefits of physical activity

Being physically active can help:

Keep you at a healthy weight. Keep in mind that each person's healthy weight is different—it depends on your height and body size. Ask your pediatrician what a [healthy weight](#) is for you.

Prevent heart disease. Heart disease is the leading cause of death in the United States. Research has shown that the risk factors for heart disease start during childhood. A lack of physical activity is one of the major risk factors for heart disease.

Strengthen your bones. Regular exercise keeps bones healthy and can help prevent a bone disease called *osteoporosis*. This disease is common in older people and causes bones to break easily.

Reduce stress. We all have stress, but learning to cope with it is an important way to stay healthy. Many things can cause stress, like problems with parents or friends or the pressures of school. Changes in life, like moving to a new home or breaking up with someone, can also cause stress. Exercise can help you relax and helps your body handle stress.



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.***