



Coventry High School Patriot's Cafe

April 2026

Meal Prices

Student Lunch	\$3.60
Deluxe Lunch	\$4.50
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.75
Reduced Price Breakfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$5.50
Adult Breakfast	\$3.25

All Meals include a choice of White or Flavored Milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Follow us on Social Media!



CoventryAndoverSchoolFoodService
coventryandoverschoolnutrition



6

Boneless Wings with Asst Sauces and Breadstick

Choose up to 2 vegs & 2 fruit

Waffle Fries
Fresh Baby Carrots
Assorted Fruit Choices

7 **New!**

Junk Yard Dog with Fries
Cole Slaw

Choose up to 2 vegs & 2 fruit

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

8 **Local Beef!**

Nacho Grande with Tortilla Chips

Choose up to 2 vegs & 2 fruit

Corn Niblets
Fresh Baby Carrots
Assorted Fruit Choices


9

General Tso Chicken
Asian Rice

Choose up to 2 vegs & 2 fruit

Broccoli and Carrots
Fresh Baby Carrots
Assorted Fruit Choices

10



School will be closed today to celebrate Good Friday

Mozzarella Sticks
Marinara Sauce
 pudding!

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices



Spring Break April 13 - 17, 2026



20

Corn Dog Nuggets
Baked French Fries

Choose up to 2 vegs & 2 fruit

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

21

Mandarin Chicken
Asian Rice

Choose up to 2 vegs & 2 fruit

Broccoli and Carrots
Fresh Baby Carrots
Assorted Fruit Choices

22

Chicken Fajita
Pasta

Choose up to 2 vegs & 2 fruit

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

23 **National Picnic Day!**

Deluxe Buger
Pasta Salad & Watermelon
Strawberry Shortcake

Choose up to 2 vegs & 2 fruit

Onion Rings
Fresh Baby Carrots
Assorted Fruit Choices

24

White Garlic
French Bread Pizza
 pudding!

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices

27

Popcorn Chicken
Macaroni and Cheese

Choose up to 2 vegs & 2 fruit

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

28 **Local Beef!**

Beef Stew over Egg Noodles

Choose up to 2 vegs & 2 fruit

Carrots, Onion and Potato
Fresh Baby Carrots
Assorted Fruit Choices

29 **Hot Item!**

Chicken Wing Bar
BBQ, Buffalo, Garlic Parm
Bread Stick & Waffle Fries

Choose up to 2 vegs & 2 fruit

Carrot and Celery Sticks
Fresh Baby Carrots
Assorted Fruit Choices

30

French Toast Sticks
Sausage
Warm Peaches

Choose up to 2 vegs & 2 fruit

Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

1

Mozzarella Sticks
Marinara Sauce
 pudding!

Choose up to 2 vegs & 2 fruit

Fresh Garden Salad
Fresh Baby Carrots
Assorted Fruit Choices

Also Available Daily: Cheese Burger

- Chicken Patty Sandwich
- Panini Sandwiches
- Fresh Deli Bar
- Large Pizza Slice
- Freshly Made Salads



All lunches come with your choice of milk, vegetable, & fruit.

Visit our Snack Rack for Healthy Snacks that meet the CT Healthy Food Guidelines. Just \$1.25 each!

Bottled Water and Switch are available for \$1.25. Fresh Fruit is 60¢.

All breads & grains are whole grain rich for better health.





FRESH SALADS AVAILABLE DAILY!



Make a meal with a "Make Your Own" salad plate for only \$4.50 for students;
\$5.50 for adults. (Free & Reduced Prices apply where applicable.)

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! only \$2.75*

- ◆ Freshly Made Bacon & Egg Sandwich
- ◆ Assorted Cereal ◆ Assorted Muffins ◆ Cinnamon Buns
- ◆ Breakfast Bars ◆ Bagels with Cream Cheese
- ◆ Banana, Zucchini or Pumpkin Bread



All choices come with Fruit and Milk and all grains are healthy whole grains!

* 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 <https://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.