

Capt Nathan Hale School

May - June 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

SCHOOL LUNCH HERO DAY

When you visit your cafeteria on May 1, be sure to wish your food service staff a Happy Lunch Hero Day!



- Choose one
- Mozzarella Sticks
 - Baked Tater Tots
 - Hot Dog
 - Deluxe Pizza Slice*
- Choose up to Three
- Fresh Romaine Salad
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 4**
- Choose one
- Chicken Nuggets
 - Macaroni and Cheese
 - Hot Dog
 - Deluxe Pizza Slice*
- Choose up to Three
- Baked Beans
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 5**
- Choose one
- Corn Dog
 - Nuggets
 - Cheeseburger
 - Deluxe Pizza Slice*
- Choose up to Three
- Baked French Fries
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 6**
- Choose one
- Cheese Filled Breadstick with Marinara
 - Baked Chicken Tenders
 - Deluxe Pizza Slice*
- Choose up to Three
- Seasoned Broccoli
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 7**
- Choose one
- French Toast Sticks
 - Sausage Links
 - Cheeseburger
 - Deluxe Pizza Slice*
- Choose up to Three
- Hash Brown Potato
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 8**
- Choose one
- Mozzarella Sticks
 - Baked Tater Tots
 - Hot Dog
 - Deluxe Pizza Slice*
- Choose up to Three
- Fresh Romaine Salad
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 11**
- Choose one
- Chicken Patty on a Roll
 - Hot Dog
 - Deluxe Pizza Slice*
- Choose up to Three
- Baked Beans
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 12**
- Choose one
- Cheese Quesadilla
 - Cheeseburger
 - Deluxe Pizza Slice*
- Choose up to Three
- Corn Niblets
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 13**
- Choose one
- Pasta and Meatballs Marinara Sauce
 - Baked Chicken Tenders
 - Deluxe Pizza Slice*
- Choose up to Three
- Seasoned Green Beans
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 14**
- Choose one
- Waffles and Sausage
 - Sausage Links
 - Cheeseburger
 - Deluxe Pizza Slice*
- Choose up to Three
- Hash Brown Potato
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 15**
- Choose one
- Mozzarella Sticks
 - Baked Tater Tots
 - Hot Dog
 - Deluxe Pizza Slice*
- Choose up to Three
- Fresh Romaine Salad
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 18**
- Choose one
- Popcorn Chicken
 - Seasoned Noodles
 - Hot Dog
 - Deluxe Pizza Slice*
- Choose up to Three
- Baked Beans
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 19**
- Choose one
- Philly Cheese Steak with Peppers & Onions
 - Cheeseburger
 - Deluxe Pizza Slice*
- Choose up to Three
- Sweet Potato Fries
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 20**
- Choose one
- Orange Chicken
 - Asian Rice
 - Baked Chicken Tenders
 - Deluxe Pizza Slice*
- Choose up to Three
- Seasoned Broccoli
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 21**
- Choose one
- French Toast Sticks
 - Sausage Links
 - Cheeseburger
 - Deluxe Pizza Slice
- Choose up to Three
- Hash Brown Potato
 - Fresh Baby Carrots
 - Assorted Fruit Choices

- 22**
- Choose one
- Mozzarella Sticks
 - Baked Tater Tots
 - Hot Dog
 - Deluxe Pizza Slice*
- Choose up to Three
- Fresh Romaine Salad
 - Fresh Baby Carrots
 - Assorted Fruit Choices

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
- Don't skip the Most Important Meal of the Day!**

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



25

School will be closed today to celebrate Memorial Day!

26

Choose one

- 1. Chicken Nuggets Macaroni and Cheese
- 2. Cheeseburger
- 3. Deluxe Pizza Slice*

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

27

Choose one

- 1. Meatball Grinder with Sauce and Cheese
- 2. Baked Chicken Tenders
- 3. Deluxe Pizza Slice*

Choose up to Three

- Seasoned Green Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

28

Choose one

- 1. Pancakes and Sausage Sausage Links
- 2. Cheeseburger
- 3. Deluxe Pizza Slice*

Choose up to Three

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

29

Choose one

- 1. Mozzarella Sticks Baked Tater Tots
- 2. Hot Dog
- 3. Deluxe Pizza Slice*

Choose up to Three

- Fresh Romaine Salad
- Fresh Baby Carrots
- Assorted Fruit Choices

1

Choose one

- 1. Popcorn Chicken Seasoned Noodles
- 2. Hot Dog
- 3. Deluxe Pizza Slice*

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

2

Choose one

- 1. Mexican Beef Taco
- 2. Cheeseburger
- 3. Deluxe Pizza Slice*

Choose up to Three

- Corn Niblets
- Fresh Baby Carrots
- Assorted Fruit Choices

3

Choose one

- 1. General Tso Chicken Asian Rice
- 2. Baked Chicken Tenders
- 3. Deluxe Pizza Slice*

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Assorted Fruit Choices

4

Choose one

- 1. French Toast Sticks Sausage Links
- 2. Cheeseburger
- 2. Deluxe Pizza Slice

Choose up to Three

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

5

Choose one

- 1. Mozzarella Sticks Baked Tater Tots
- 2. Hot Dog
- 3. Deluxe Pizza Slice*

Choose up to Three

- Fresh Romaine Salad
- Fresh Baby Carrots
- Assorted Fruit Choices

8

Choose one

- 1. Chicken Patty on a Roll
- 2. Hot Dog
- 3. Deluxe Pizza Slice*

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Assorted Fruit Choices

9

Choose one

- 1. Corn Dog Nuggets
- 2. Cheeseburger
- 3. Deluxe Pizza Slice*

Choose up to Three

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

10

Choose one

- 1. Cheese Filled Breadstick with Marinara
- 2. Baked Chicken Tenders
- 3. Deluxe Pizza Slice*

Choose up to Three

- Seasoned Broccoli
- Fresh Baby Carrots
- Assorted Fruit Choices

11

Choose one

- 1. French Toast Sticks Sausage Links
- 2. Cheeseburger
- 3. Deluxe Pizza Slice*

Choose up to Three

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

12

Choose one

- 1. Mozzarella Sticks Baked Tater Tots
- 2. Hot Dog
- 3. Deluxe Pizza Slice*

Choose up to Three

- Fresh Romaine Salad
- Fresh Baby Carrots
- Assorted Fruit Choices

Early Release! 15

Choose one

- 1. Mozzarella Sticks Baked Tater Tots
- 2. Hot Dog
- 3. Deluxe Pizza Slice*

Choose up to Three

- 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.



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.**



Summer Meals Programs provide free, convenient meals and snacks for children 18 years and younger during the summer at schools, parks, libraries, and other neighborhood locations in eligible communities. Learn more and find local meal sites here: www.fns.usda.gov/summer/sunmeals

