



AES Early Learning Center

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

- French Toast Sticks
Sausage Patty
Baked Hash Brown
- Yogurt Plate with
Dinner Roll & String Cheese
Baked Hash Brown

**Fruit & Milk included
in all Meals**

2

- Choice of
Pizza
Fresh Vegetable Sticks
California Mixed Vegetables
- Yogurt Plate with
Muffin & String Cheese
Fresh Vegetable Sticks

**Fruit & Milk included
in all Meals**

3

**School will be closed
today to celebrate
Good Friday!**

6

Choose one

- Popcorn Chicken Bowl
Dinner Roll
Mashed Potatoes
- Yogurt Plate with
Dinner Roll & String Cheese
Baked Hash Brown

**Fruit & Milk included
in all Meals**

7

Choose one

- Cheese
Quesadilla
Refried Beans
- Yogurt Plate with
Muffin & String Cheese
Fresh Vegetable Sticks

**Fruit & Milk included
in all Meals**

8

Choose one

- Pancakes and Syrup
Sausage Patty
Baked Hash Brown
- Yogurt Plate with
Dinner Roll & String Cheese
Baked Hash Brown

**Fruit & Milk included
in all Meals**

9

Choose one

- Orange Chicken
Asian Rice
Seasoned Broccoli
- Yogurt Plate with
Muffin & String Cheese
Raw Broccoli Trees

**Fruit & Milk included
in all Meals**

10

Choose one

- Choice of
Pizza
Fresh Vegetable Sticks
- Yogurt Plate with
Dinner Roll & String Cheese
Fresh Vegetable Sticks

**Fruit & Milk included
in all Meals**



Spring Break April 13 - 17, 2026



20

Choose one

- Chicken Nuggets
Macaroni and Cheese
Seasoned Broccoli
- Yogurt Plate with
Dinner Roll & String Cheese
Raw Broccoli Trees

**Fruit & Milk included
in all Meals**

21

Choose one

- Grilled Cheese
Tomato Soup
California Mixed Vegetables
- Yogurt Plate with
Muffin & String Cheese
Raw Broccoli Trees

**Fruit & Milk included
in all Meals**

22

Choose one

- Waffles and Syrup
Sausage Patty
Baked Hash Brown
- Yogurt Plate with
Dinner Roll & String Cheese
Baked Hash Brown

**Fruit & Milk included
in all Meals**

23

Choose one

- Mexican Beef Taco
Seasoned Rice
Refried Beans
- Yogurt Plate with
Muffin & String Cheese
Fresh Vegetable Sticks

**Fruit & Milk included
in all Meals**

24

Choose one

- Choice of
Pizza
Fresh Vegetable Sticks
- Yogurt Plate with
Dinner Roll & String Cheese
Fresh Vegetable Sticks

**Fruit & Milk included
in all Meals**

27

Choose one

- Chicken Patty
on a Bun
Baked Beans
- Yogurt Plate with
Dinner Roll & String Cheese
Cucumber Coins

**Fruit & Milk included
in all Meals**

28

Choose one

- Cheese Lasagna
with Marinara Sauce
Seasoned Broccoli
- Yogurt Plate with
Muffin & String Cheese
Cucumber Coins

**Fruit & Milk included
in all Meals**

29

Choose one

- Pancakes and Syrup
Sausage Patty
Baked Hash Brown
- Yogurt Plate with
Dinner Roll & String Cheese
Baked Hash Brown

**Fruit & Milk included
in all Meals**

30

Choose one

- Mozzarella Sticks
Marinara Sauce
California Mixed Vegetables
- Yogurt Plate with
Muffin & String Cheese
Cucumber Coins

**Fruit & Milk included
in all Meals**

1

Choose one

- Choice of
Pizza
Fresh Vegetable Sticks
- Yogurt Plate with
Dinner Roll & String Cheese
Fresh Vegetable Sticks

**Fruit & Milk included
in all Meals**



Come join us for Breakfast! Just \$2.50 for All Students!

Options include:

- ◆Pancakes
- ◆Assorted Muffins
- ◆Assorted Cereal

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!

Snack provided daily may include:

Fresh Orange Smiles

Sliced Peaches

Gold Fish Crackers

100% Fruit Pops

Cucumber Coins

Strawberry Cups



Apple Sauce

Teddy Grahams

String Cheese

Cherrios

Apple Slices

Pretzels

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.