



G. H. Robertson School Spike's Cafe!

February, 2023

Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	\$0.40
Student Breakfast	\$2.00
Reduced Price Bfast	\$0.30
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50

All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk

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

MONDAY



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[@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! @CPS_AES_SchFood



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

<p>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>7</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Hash Brown Fresh Baby Carrots Apple Sauce & other assorted fruit</p>	<p>8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mr D's Sloppy Joe on a Bun! 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Teriyaki with Rice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots Fresh Baby Carrots Pineapple & other assorted fruit</p>	<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Bread Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Oranges Chocolate Milk</p>
<p>13</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders Seasoned Rice 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Happy Valentines Day! 14</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Lasagna with Marinara 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberry Cups & other assorted fruit</p>	<p>15</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes & Syrup Sausage Patty 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Orange & other assorted fruit</p>	<p>16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with Marinara 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p>17</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Cheese Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>
<p>20</p>  <p>School will be closed today to celebrate Presidents' Day</p>	<p>21</p>  <p>School will be closed today for Staff Development</p>	<p>22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick & Marinara Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Corn Dog Nuggets Baked French Fries 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>Spirit Day 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Baked 4x6 Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate <p>Cookie!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit</p>

Parents – Log onto www.myschoolaccount.com to view your student's lunch balance and make payments.

For more information about your school lunch program, visit <http://www.coventrypublicschools.org/district/food-services>.

Want to be involved in school wellness? Visit <https://www.coventrypublicschools.org/district/wellness-committee>.

Questions or comments about your student's lunches? We'd love to hear from you!

Call or email 860-742-4535 or bpratt@coventryct.org. This institution is an equal opportunity provider.

27	28	1-Mar	2-Mar	3-Mar
<u>Choose one</u> 1. Chicken Patty on a Bun 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Fresh Pears & other assorted fruit	<u>Choose one</u> 1. Cheese Quesadilla 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit	<u>Choose one</u> 1. Mozzarella Sticks Marinara Dipping Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Raisins & other assorted fruit	<u>Choose one</u> 1. General Tso Chicken with Fluffy Rice & Roll 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Fresh Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	<u>Choose one</u> 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Pineapple Tidbits & other assorted fruit

Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring substitute kitchen workers. Help contribute to the students' educational day by feeding them satisfying, healthy meals. This rewarding and convenient position is great for parents or grandparents of school-aged children. The hours are generally 10 am to 1:30 pm with some variation per school.

If you are interested or would like *more* information, please call Beth Pratt, Director of School Food Services, at 860-742-4535 between 6:00 a.m. and 2:00 pm, Monday through Friday. To apply, go to <https://www.applitrack.com/coventry/onlineapp/>.

Come Join Our Amazing Team!

Come join us for Breakfast!

Just \$2.00 for Students!

**free and reduced pricing applies*

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

All choices come with Fruit, Juice and Milk

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

Health Tips for Students



Between irregular schedules, social media life, exams and food choices, it can be difficult to make time to keep up on your personal health. Following these small health tips can really make a difference:

1. Limit sugary and caffeinated beverages.
2. Eat plenty of fruit and veggies.
3. Keep healthy snacks around.
4. Limit junk food.
5. Learn proper portion sizes.
6. Don't skip meals.
7. Incorporate different kinds of exercise in your routine.
8. Try to move a little bit every hour.
9. Explore new exercises. You may find something new you love!
10. Turn off screens at least 30 minutes before bed.