



# G. H. Robertson School

## Spike's Cafe!

### November, 2023

**Meal Prices**

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	FREE
Reduced Price Bfast	FREE
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!

**Come Join Us For Breakfast! It's Free All Year for All Students!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Come join us for Breakfast!</b>  <b>It's FREE for All Students!</b></p> <ul style="list-style-type: none"> <li>◆ Fresh Made Egg &amp; Cheese Sandwich</li> <li>◆ Assorted Muffins</li> <li>◆ Assorted Cereal</li> <li>◆ Cinnamon Buns</li> <li>◆ Breakfast Bars</li> <li>◆ Assorted Pastries</li> </ul> <p>All choices come with Fruit, Juice and Milk</p> <p><b>Don't Skip the Most Important Meal of the Day!</b></p>		<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Waffles and Syrup</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Corn Dog Nuggets</li> <li>Baked French Fries</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked 4x6 Cheese Pizza Slice</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Fresh Orange            &amp; other assorted fruit</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Macaroni and Cheese</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><b>School will be closed today for Election Day</b></p>	<p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Quesadilla</li> </ol> <p>-or-</p> <ol style="list-style-type: none"> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets            Fresh Baby Carrots            Fresh Orange            &amp; other assorted fruit</p>	<p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Patty on a Bun</li> </ol> <p>-or-</p> <ol style="list-style-type: none"> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Green Beans            Fresh Baby Carrots            Apple Sauce            &amp; other assorted fruit</p>	<p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Bread Pizza</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Tenders</li> <li>Seasoned Rice</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Filled Bread Stick with Marinara</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli            Fresh Baby Carrots            Fresh Apples            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mr D's Sloppy Joe on a Bun!</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked French Fries            Fresh Baby Carrots            Sliced Peaches            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mozzarella Sticks with Marinara</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans            Fresh Baby Carrots            Sliced Pears            &amp; other assorted fruit</p>	<p><b>Spirit Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked 4x6 Cheese Pizza Slice</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><b>Cookie!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Turkey Shaped Nuggets</li> <li>Seasoned Noodles</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans            Fresh Baby Carrots            Fresh Apples            &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks</li> <li>Sausage Patty</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown            Fresh Baby Carrots            Apple Sauce            &amp; other assorted fruit</p>	<p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Quesadilla</li> </ol> <p>-or-</p> <ol style="list-style-type: none"> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks            Fresh Baby Carrots            Raisins            &amp; other assorted fruit</p>	<p><b>School will be closed today to celebrate the Thanksgiving Holiday!</b></p> <p><b>Happy Thanksgiving</b></p>	

<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Early Release</b> <b>1</b>
<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>
1. Crispy Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate	1. Cheese Pizza Pull Aparts 2. Cheeseburger 3. Yogurt Plate	1. Pancakes and Syrup Sausage Patty 2. Hot Dog 3. Yogurt Plate	1. Mexican Beef Taco Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate	1. 4X6 Cheese Pizza Slice -or- 2. Yogurt Plate
<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>	<u>Choose up to Three</u>
Seasoned Broccoli Fresh Baby Carrots Fresh Pears & other assorted fruit	Seasoned Green Beans Fresh Baby Carrots Fresh Apple & other assorted fruit	Hash Brown Potato Fresh Baby Carrots Fresh Orange & other assorted fruit	Refried Beans Fresh Baby Carrots Fresh Orange & other assorted fruit	Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit

**November Physical Activity Tip:** Are you in need of work out motivation? Well you're in luck because here are 12 fun facts about exercising that are sure to inspire you.

1. **Music improves workout performance** - Listening to music while exercising can improve work out performance by 15%.
2. **Exercising improves brain performance** - Cardiovascular exercise helps create new brain cells. This improves brain power and brain activity.
3. **Working out sharpens your memory** - Exercising increases the production of cells that are responsible for learning and memory.
4. **Running burns calories!** - A 10 minute per mile can burn 104.3 calories.
5. **More muscle mass = burning more fat while resting** - The more muscle you have, the more fat your body burns.
6. **Exercise prevents signs of aging** - If you exercise 3 times a week for 45 minutes you can help prevent signs of aging.
7. **A pound of muscle burns 3 times more calories than a pound of fat** - Having more muscle than fat means you can consume more calories.
8. **You get sick less often** - Exercising on a regular basis helps boost your immune system.
9. **Increases productivity** - Exercising increases the endorphins that are released into your body and increases productivity.
10. **Workouts can improve the look of your skin** - Sweat releases dirt through your pores which reduces acne and breakouts. Workouts improve the overall look of your skin.
11. **Exercising boosts self-confidence** - Exercising can help ease your mind and rejuvenate your body. Working out will make you feel great and boost your confidence.
12. **Working out helps you sleep better** - Exercise helps to clear your head and helps you feel relaxed.

Parents – View your student's lunch balance and make payments at [www.myschoolaccount.com](http://www.myschoolaccount.com).  
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.**

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](mailto:bpratt@coventryct.org).

**November Nutrition Tip:** Classic Thanksgiving recipes are like old friends – the ultimate comfort food. Family memories are made sharing Grandma's Green Bean Casserole or Aunt Martha's Scalloped Corn, made irresistibly rich with butter, sour cream, crisp bacon and shredded cheese. Of course, keep those dishes on the table, and celebrate them. But to balance them out a bit, make a few changes to the rest of your menu. Other traditional favorites will be just as good or better when they feature less calories and fat.

**Scale Down the Stuffing** - To lighten up traditional stuffing (and bonus, make it gluten-free), turn to recipes that use brown rice, barley or quinoa instead of bread cubes. If you want to add sausage, use turkey sausage for ½ the fat of pork sausage. Substitute chopped carrots, parsnips, apples, leeks or butternut squash for some of the bread cubes for a healthier twist.

**Simplify the Sweet Potatoes** - Sweet potatoes already have sweet in the name, right? No marshmallows needed. Let that natural sweetness shine and bake the sweet potatoes whole. Use the red skinned, orange on the inside sweet potatoes, as they bake up especially tender. Split them open and scoop out the cooked potato, and you'll find that they're practically mashed already. Mix well with a little grated ginger and lightly sautéed garlic. Delicious! Butternut squash can be baked and mashed for the same festive color and even fewer calories and carbs.

**Naturally Sweeten the Cranberry Sauce** - Adding pureed banana, pineapple or chopped apples to your homemade cranberry sauce means you can add much less sugar.

**Minimize the Mashed Potatoes** - Replace the butter and milk with plain greek yogurt and chicken or vegetable broth when making mashed potatoes.

**Pour the Pumpkin** - Make crustless dessert by pouring traditional pumpkin filling into small ramekins and baking for fewer calories and fat. Top with a sprinkle of crushed pecans for a little crunchiness.