



# G. H. Robertson School

## Spike's Cafe!

### December, 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!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

# Happy Holidays!

Like us on Facebook! [@CoventryAndoverSchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter! [@CPS\\_AES\\_SchFood](https://twitter.com/CPS_AES_SchFood)

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

<p><b>4</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Tenders</li> <li>Seasoned Rice</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>California Blend Vegetables</p> <p>Fresh Baby Carrots</p> <p>Raisins</p> <p>&amp; other assorted fruit</p>	<p><b>5</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Corn Dog Nuggets</li> <li>Baked French Fries</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans</p> <p>Fresh Baby Carrots</p> <p>Pineapple Tidbits</p> <p>&amp; other assorted fruit</p>	<p><b>6</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mozzarella Sticks with Marinara Sauce</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Raisins</p> <p>&amp; other assorted fruit</p>	<p><b>7</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza Slice</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>&amp; other assorted fruit</p>	<p><b>8</b></p> <p><b>Early Release</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. 4X6 Cheese Pizza Slice -or-</li> <li>2. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>&amp; other assorted fruit</p> <p><b>Pajama Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes and Syrup</li> <li>Sausage Patty</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Fresh Orange</p> <p>&amp; other assorted fruit</p> <p><i>Teddy Bear Graham Cookies.</i></p>
<p><b>11</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Nuggets</li> <li>Macaroni and Cheese</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Raisins</p> <p>&amp; other assorted fruit</p>	<p><b>12</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup</li> <li>Sausage Patty</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Fresh Orange</p> <p>&amp; other assorted fruit</p>	<p><b>13</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Quesadilla</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets</p> <p>Fresh Baby Carrots</p> <p>Strawberry Cups</p> <p>&amp; other assorted fruit</p>	<p><b>14</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Orange Chicken with Rice</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots</p> <p>Fresh Baby Carrots</p> <p>Pineapple</p> <p>&amp; other assorted fruit</p>	<p><b>15</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. French Bread Pizza</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>&amp; other assorted fruit</p>
<p><b>18</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Patty on a Bun</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Raisins</p> <p>&amp; other assorted fruit</p>	<p><b>19</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Filled Bread Stick with Marinara</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>&amp; other assorted fruit</p>	<p><b>20</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Mr D's Sloppy Joe on a Bun!</li> <li>2. Hot Dog</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked French Fries</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>&amp; other assorted fruit</p>	<p><b>21</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Stuffed Crust Pizza Slice</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans</p> <p>Fresh Baby Carrots</p> <p>Sliced Pears</p> <p>&amp; other assorted fruit</p>	<p><b>22</b></p> <p><b>Early Release</b></p> <p><b>Spirit Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Holiday Chicken Nuggets</li> <li>Macaroni and Cheese</li> <li>2. Yogurt Plate</li> </ol> <p><b>Cookie!</b></p> <p><u>Choose up to Three</u></p> <p>Corn Niblets</p> <p>Fresh Baby Carrots</p> <p>Raisins</p> <p>&amp; other assorted fruit</p>

 **Winter Vacation December 23 - January 1** 

### **Come join us for Breakfast!**

#### **It's FREE for All Students!**

- ◆ 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!***



- unless food is mixed with saliva you can't taste it?
- lemons contain more sugar than strawberries?
- rabbits like licorice?
- reindeer like bananas?

• Switzerland eats the most chocolate equating to 10 kilos per person per year?

- macadamia nuts are toxic to dogs?
- honey is the only natural food which never spoils?
- the fortune cookie was invented in San Francisco?
- the croissant was invented in Austria?
- popcorn was invented by the Aztec Indians?
- french fries are originally from Belgium?
- apples are more effective at waking you up in the morning than coffee?
- a hard-boiled eggs spin (uncooked or soft boiled don't)?
- there is no butter in buttermilk?
- almonds are members of the peach family?
- an egg contains every vitamin except vitamin C?
- Americans eat 35,000 tons of pasta a year?
- the oldest known vegetable is the pea?
- carrots contain 0% fat?
- that in developed countries 27% of food is thrown away?
- a banana contains 75% water?
- cucumbers are 96% water?



#### ***December Nutrition Tip: Keep your Holidays Healthy!***

1. *Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!*

2. *Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!*

3. *Don't forget to fill up on fruit and veggies! At least 5 servings per day!*

4. *Try this Fall Harvest Pumpkin Yogurt Dip recipe!*

##### **Ingredients**

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

##### **Method**

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat, 1 g sat. fat, 5 g carb

#### ***December Physical Activity Tip: Benefits!***

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Sleep well at night.
- Move around more easily.
- Decrease your chances of becoming depressed.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!



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).**