



G. H. Robertson School

Spike's Cafe!

January 2024



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



Look for this symbol to see new scratch made items!

<p>MONDAY</p> <p><i>Happy New Year!</i></p> <p>Look for this symbol to see new scratch made items!</p>	<p>TUESDAY 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Waffles & Syrup Sausage Patty Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Fresh Orange</p> <p>& other assorted fruit</p>	<p>WEDNESDAY 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Popcorn Chicken Seasoned Rice Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>THURSDAY 4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Quesadilla Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets</p> <p>Fresh Baby Carrots</p> <p>Strawberry Cups</p> <p>& other assorted fruit</p>	<p>FRIDAY 5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 4X6 Cheese Pizza Slice Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>
<p>8</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Tenders Seasoned Rice Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>California Blend Vegetables</p> <p>Fresh Baby Carrots</p> <p>Raisins</p> <p>& other assorted fruit</p>	<p>9</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Corn Dog Nuggets <i>New!</i> Onion Rings Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Pineapple Tidbits</p> <p>& other assorted fruit</p>	<p>10</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mozzarella Sticks with Marinara Sauce Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Fresh Pears</p> <p>& other assorted fruit</p>	<p>11</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes and Syrup Sausage Patty Cheeseburger Yogurt Plate <p><i>New!</i> Apple Pie Granola!</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Slice Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Applesauce</p> <p>& other assorted fruit</p>
<p>15</p> <p>School will be closed today to celebrate Martin Luther King Day!</p>	<p>16</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Patty Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Fresh Orange</p> <p>& other assorted fruit</p>	<p>17</p> <p><i>New!</i> <u>Choose one</u></p> <ol style="list-style-type: none"> Hard Shell Mexican Taco Lettuce, Tomato & Cheese Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p><i>New!</i> Chili Roasted Chickpeas</p> <p>Fresh Baby Carrots</p> <p>Strawberry Cups</p> <p>& other assorted fruit</p>	<p>18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Orange Chicken with Rice & Dinner Roll Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots</p> <p>Fresh Baby Carrots</p> <p>Pineapple</p> <p>& other assorted fruit</p>	<p>19</p> <p><i>New!</i> <u>Choose one</u></p> <ol style="list-style-type: none"> White Garlic French Bread Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>
<p>22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Patty on a Bun Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Raisins</p> <p>& other assorted fruit</p>	<p>23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Filled Bread Stick with Marinara Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Fresh Apples</p> <p>& other assorted fruit</p>	<p>24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mr D's Sloppy Joe on a Bun! Hot Dog Yogurt Plate <p><i>New!</i> Apple Crisp!</p> <p><u>Choose up to Three</u></p> <p>Baked French Fries</p> <p>Fresh Baby Carrots</p> <p>Sliced Peaches</p> <p>& other assorted fruit</p>	<p>25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes and Syrup Sausage Patty Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Sliced Pears</p> <p>& other assorted fruit</p>	<p>Spirit Day! 26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 4X6 Pizza Slice Hot Dog Yogurt Plate <p>Cookie!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Fresh Orange</p> <p>& other assorted fruit</p>

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

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

29	30	31	1	Early Release 2
<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>	<u>Choose one</u>
1. Chicken Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate	1. Mexican Tacos Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate	1. Pasta and Meatballs with Marinara Sauce 2. Hot Dog 3. Yogurt Plate Jello!	1. Waffles & Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate	1. Stuffed Crust 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>
Orange Glazed Carrots Fresh Baby Carrots Raisins & other assorted fruit	Corn Niblets or Refried Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	Fresh Broccoli Fresh Baby Carrots Sliced Pears & other assorted fruit	Hash Brown Potato Fresh Baby Carrots Fresh Apples & other assorted fruit	Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit

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!



Parents – View your student's lunch balance and make payments at 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. *This institution is an equal opportunity provider.*

Obscure January Holidays!

Polar Bear Plunge Day (1st)- a day when crazy people jump into frigid cold water just so they can say they did.

J.R.R Tolkien Day (3rd) – celebrate the brilliant author behind the Lord of the Rings.

Earth's Rotation Day (8th)- because, you know, it's pretty important to have a planet that rotates.



National Static Electricity Day (9th) – for all of you who love rubbing balloons against your head and sticking them to things!



Dress Up Your Pet Day (14th)- because dogs and cats LOVE costumes!



Appreciate a Dragon Day (16th)- Personally, I think we should appreciate dragons every day!

Thesaurus Day (18th)- A brilliant holiday for word lovers! A radiant festival for logophiles! (If you see what I did there, this holiday is for you)

Answer Your Cat's Questions Day (22nd) – I don't even know where to begin.



Rubber Ducky Day (28th)- Rubber Ducky, you're the one!

**January Health Tip:
Get your ZZZZZZZ's!**

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.

