



# G. H. Robertson School

## Spike's Cafe!

### February 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

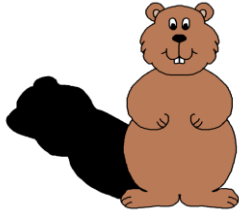
All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk

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

#### MONDAY



#### TUESDAY





#### WEDNESDAY




#### THURSDAY

#### FRIDAY

Find these symbols on this menu to check out our newest, scratch made recipes!

<p><b>5</b></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><i>New!</i> <u>Choose up to Three</u></p> <p>Sweetened Mashed Butternut Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><b>6</b></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>Hash Brown Potato Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>	<p><b>7</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Popcorn Chicken</li> <li>Seasoned Rice</li> <li>Hot Dog</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><b>8</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>4X6 Cheese Pizza Slice</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Strawberry Cups &amp; other assorted fruit</p>	<p><b>9</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mandarin Orange Chicken</li> <li>Asian Fried Rice</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><b>Fortune Cookie!</b></p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli &amp; Carrots Fresh Baby Carrots Mandarin Orange Slices &amp; other assorted fruit</p>
<p><b>12</b></p> <p><i>New!</i> <u>Choose one</u></p> <ol style="list-style-type: none"> <li>Grilled Cheese</li> <li>Tomato Soup</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><b>Wishtree Churro Chex Mix!</b></p> <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Raisins &amp; other assorted fruit</p>	<p><b>13</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Corn Dog Nuggets</li> <li>Onion Rings</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Pineapple Tidbits &amp; other assorted fruit</p>	<p><b>Valentines Day!</b></p> <p><b>14</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Heart Shaped Chicken Nuggets &amp; Mac &amp; Cheese</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><b>Red Jello!</b></p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p><b>15</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Nacho Grande with Tortilla Chips</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>	<p><b>16</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Stuffed Crust</li> <li>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 Applesauce &amp; other assorted fruit</p>
<p><b>19</b></p>  <p><b>School will be closed today to celebrate Presidents' Day</b></p>	<p><b>20</b></p>  <p><b>School will be closed today for Staff Development</b></p>	<p><b>21</b></p> <p><i>New!</i> <u>Choose one</u></p> <ol style="list-style-type: none"> <li>Hard Shell Mexican Taco Lettuce, Tomato &amp; Cheese</li> <li>Hot Dog</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Chili Roasted Chickpeas Fresh Baby Carrots Strawberry Cups &amp; other assorted fruit</p>	<p><b>22</b></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>Hash Brown Potato Fresh Baby Carrots Fresh Orange &amp; other assorted fruit</p>	<p><b>Spirit Day!</b></p> <p><b>23</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>White Garlic French Bread Pizza</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 Sliced Peaches &amp; other assorted fruit</p>



<b>26</b>	<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 Raisins & other assorted fruit	<b>27</b>	<u>Choose one</u> 1. Cheese Filled Bread Stick with Marinara 2. Cheeseburger 3. Yogurt Plate  <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	<b>28</b>	<u>Choose one</u> 1. Mr D's Sloppy Joe on a Bun! 2. Hot Dog 3. Yogurt Plate <b>New!</b> <b>Apple Crisp!</b>  <u>Choose up to Three</u> Baked French Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit	<b>Leap Year Day!</b> <b>29</b>	<u>Choose one</u> 1. Pancakes and Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate <b>Jello with Gummy Frog!</b> <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Sliced Pears & other assorted fruit	<b>1</b>	<u>Choose one</u> 1. 4X6 Pizza Slice 2. Hot Dog 3. Yogurt Plate <b>Cookie!</b> <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit
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## Come Join Us For Breakfast! It's Free All Year for All Students!

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 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](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).  
*This institution is an equal opportunity provider.*

**February Nutrition tip:** Eat the rainbow! Eating a variety of fruits and vegetables of different colors will provide you with necessary nutrients and keep you healthy.

- **Red-** Good for your heart and blood health. Foods like cherries, tomatoes, and red peppers!
- **Orange-** Prevent and reduce the risk of cancer. Foods like pumpkin, carrots, and mangoes!
- **Yellow-** Good for your skin, heart, and eyes. Helps prevent you from getting sick. Foods like bananas, summer squash, pineapple, and corn!
- **Green-** Good for your bones and helps Good for your bones and helps your body fight sickness. Foods like broccoli, kiwi, cucumber, and spinach!
- **Blue-** Improves memory and brain function. Food like blueberries and blackberries!
- **Purple-** Helps fight inflammation in your body. Foods like grapes, figs, onions, and eggplant!

### **Rainbow Roasted Vegetables**

**Ingredients:**

- 2 red bell peppers
- 4 carrots
- 2 yellow squashes
- 1 pound broccoli
- 1 red onion
- ½ tsp kosher salt
- ¼ tsp black pepper

**Method:**

- Preheat oven to 400 degrees.
- Cut vegetables into bite sized pieces.
- Toss vegetables in oil, salt, and pepper.
- Arrange in a single layer on a cookie sheet.
- Cook for 20-25 minutes until for tender.
- Enjoy!

