



G. H. Robertson School

Spike's Cafe!

March 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



Celebrate National School Breakfast Week!

March 4 - 8, 2024

Students will receive a raffle entry for Amazon Gift Cards for every breakfast purchased this week.
Drawings will be held March 12, 2024





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



<p>4</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><i>New!</i> <u>Choose up to Three</u></p> <p>Sweetened Mashed Butternut Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>5</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Scrambled Egg Patty 2. Cheeseburger 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>6</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. BBQ Rib on a Bun 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli 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. Soft Chicken Taco Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Strawberry Cups & other assorted fruit</p>	<p>8</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza Slice - or - 2. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit</p>
<p>11</p> <p><i>New!</i> <u>Choose one</u></p> <ol style="list-style-type: none"> 1. Grilled Cheese Tomato Soup 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>12</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Nacho Grande with Tortilla Chips 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>	<p>13</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Macaroni and Cheese - or - 2. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>14</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Corn Dog Nuggets Onion Rings - or - 2. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>15</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Calzone with Marinara - or - 2. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Applesauce & other assorted fruit</p>
<p>18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Shamrock Shaped Nuggets Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Carrots Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>19</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 Pineapple & other assorted fruit</p>	<p>20</p> <p><i>New!</i> <u>Choose one</u></p> <ol style="list-style-type: none"> 1. Hard Shell Mexican Taco Lettuce, Tomato & Cheese 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Chili Roasted Chickpeas Fresh Baby Carrots Strawberry Cups & other assorted fruit</p>	<p>21</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Scrambled Egg Patty 2. Cheeseburger 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>22</p> <p>Spirit Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. White Garlic French Bread Pizza 2. Hot Dog 3. Yogurt Plate <p>Cookie!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>



<p style="text-align: right;">25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun 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 style="text-align: right;">26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick with Marinara 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p style="text-align: right;">27</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 3. Yogurt Plate <p>New! Apple Crisp! </p> <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p style="text-align: right;">28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p style="text-align: right;">29</p> <div style="text-align: center;">  <p>School will be closed today to celebrate Good Friday!</p> </div>
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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**.
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?

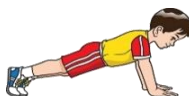
We'd love to hear from you!

Call or email 860-742-4535 or bpratt@coventryct.org.

This institution is an equal opportunity provider.

Physical Activity Tip: Kids and teens aged 6-17 need 60 minutes of physical activity every day! Here are some ways to get physically active throughout the day:

- Walk your dog in the morning.
- Do some pushups at home.
- Take the stairs when you can.
- Play a sport with friends afterschool.
- Take a walk with your family after dinner.



DID YOU KNOW?

- Applesauce was the first food eaten in space.
- Pistachios are fruits.
- Cucumbers are 95% water.
- French fries were invented in Belgium, not France.
- The average American eats about 50 hot dogs per year.
- There are over 600 different types of pasta shapes produced worldwide.
- Ben & Jerry's is the leading ice cream brand in the United States.
- Rows of corn are always an even number.
- Avocados are fruits.
- There are more than 10,000 difference varieties of tomatoes.
- A spoonful of sugar can cure your hiccups.
- One cluster of bananas is called a hand.



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!

