



G. H. Robertson School

Spike's Cafe!

April 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!



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April Fools Day! 1 <u>Choose one</u> 1. Emoji Shaped Nuggets Seasoned Rice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Emoji Fries Fresh Baby Carrots Raisins & other assorted fruit	2 <u>Choose one</u> 1. French Toast Sticks Scrambled Egg Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Fresh Orange & other assorted fruit	3 <u>Choose one</u> 1. BBQ Rib on a Bun 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	4 <u>Choose one</u> 1. Soft Chicken Taco Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Strawberry Cups & other assorted fruit	5 <u>Choose one</u> 1. Stuffed Crust Pizza Slice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Sliced Pears & other assorted fruit
8 <i>New!</i> <u>Choose one</u> 1. Grilled Cheese Tomato Soup 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked French Fries Fresh Baby Carrots Raisins & other assorted fruit	9 <u>Choose one</u> 1. Nacho Grande with Tortilla Chips 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Pineapple Tidbits & other assorted fruit	10 <i>New!</i> <u>Choose one 1. Sweet and Sour Honey Chicken with Rice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Strawberries & other assorted fruit </u>	11 <u>Choose one</u> 1. Corn Dog Nuggets Onion Rings 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit	12 <u>Choose one</u> 1. Cheese Calzone with Marinara 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Applesauce & other assorted fruit

Spring Break April 15 - 19, 2024

22 <u>Choose one</u> 1. Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Carrots Fresh Baby Carrots Fresh Pears & other assorted fruit	23 <u>Choose one</u> 1. Mozzarells Sticks with Marinara 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Pineapple & other assorted fruit	24 <i>New!</i> <u>Choose one</u> 1. Hard Shell Mexican Taco Lettuce, Tomato & Cheese 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Chili Roasted Chickpeas Fresh Baby Carrots Strawberry Cups & other assorted fruit	25 <u>Choose one</u> 1. French Toast Sticks Sausage Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Fresh Orange & other assorted fruit	Spirit Day! 26 <u>Choose one</u> 1. White Garlic French Bread Pizza 2. Hot Dog 3. Yogurt Plate Cookie! <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit
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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.

29	30	1	2	3
<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	<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	<u>Choose one</u> 1. Mr D's Sloppy Joe on a Bun! 2. Hot Dog 3. Yogurt Plate Apple Crisp! <u>Choose up to Three</u> Parmesan Potatos Fresh Baby Carrots Sliced Peaches & other assorted fruit	<u>Choose one</u> 1. Pancakes and Syrup Scrambled Egg Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Sliced Pears & other assorted fruit	<u>Choose one</u> 1. Stuffed Crust Pizza Slice 2. Hot Dog 3. Yogurt Plate <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 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!

Save money and time by buying school lunch!

Here's a breakdown of what a typical lunch brought from home may cost VS. the cost of school lunch at Coventry Public Schools! (Prices are based on average retail costs of lunch ingredients. Some parents may choose to buy more or less expensive items.)

Turkey sandwich

2 slices of whole wheat bread (at \$4.35 per loaf) = \$0.22
 2 oz. sliced turkey breast (at \$10.72 per pound) = \$1.34
 1 oz. American cheese (at \$5.99 per pound) = \$0.37

Snack

1.5 oz Cheez It (at \$0.53 per oz) = \$0.79

Veggies

½ cup of baby carrots (at \$1.34 per pound) = \$0.33
 1 oz Ranch dressing (at \$0.24 per oz) = \$0.24

Fruit

1 medium banana = \$0.22

Drink

Juice box (at \$3.19 for a box of 10) = \$0.31

Total= \$3.82



Other factors to consider... lunchbox costs, plastic baggies for snacks, and most importantly the **TIME** it takes to pack a lunch!!

What does lunch cost at Coventry Public Schools?

GHR, CGS, AES: \$3.00

CNH: \$3.25

CHS: \$3.50

Don't forget that breakfast is FREE for all students!