



# G. H. Robertson School

## Spike's Cafe!

### November, 2024

#### Meal Prices

Student Lunch	\$3.00
Reduced Price Lunch	FREE
Student Breakfast	\$2.25
Reduced Price Bfast	FREE
Milk only	\$0.75
Adult Lunch	\$5.00
Adult Breakfast	\$2.75

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
<b>4</b> <u>Choose one</u> 1. Chicken Nuggets Macaroni and Cheese 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	<b>5</b>  <i>School will be closed for Election Day</i>	<b>6</b> <b>Early Release</b> <u>Choose one</u> 1. Cheese Quesadilla - OR - 2. Yogurt Plate <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Assorted Fruit Choices	<b>7</b> <b>Early Release</b> <u>Choose one</u> 1. BBQ Rib on a Bun - OR - 2. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	<b>8</b> <b>Early Release</b> <u>Choose one</u> 1. Stuffed Crust Cheese Pizza - OR - 2. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices
<b>11</b> <u>Choose one</u> 1. Crispy Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices	<b>12</b> <u>Choose one</u> 1. Cheese Filled Bread Stick with Marinara 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	<b>13</b> <u>Choose one</u> 1. French Toast Sticks Scrambled Egg Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices	<b>14</b> <u>Choose one</u> 1. Mexican Beef Taco Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Assorted Fruit Choices	<b>15</b> <u>Choose one</u> 1. Baked 4x6 Cheese Pizza Slice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices
<b>18</b> <u>Choose one</u> 1. Chicken Patty on a Bun 2. Hot Dog on a Roll 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	<b>19</b> <u>Choose one</u> 1. Grilled Cheese Tomato Soup 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Crisp Baked French Fries Fresh Baby Carrots Assorted Fruit Choices	<b>20</b> <u>Choose one</u> 1. Waffles and Syrup Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices	<b>21</b> <u>Choose one</u> 1. Cherry Blossom Chicken Asian Rice 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Broccoli and Carrots Fresh Baby Carrots Assorted Fruit Choices	<b>22</b> <b>Spirit Day</b> <u>Choose one</u> 1. French Bread Cheese Pizza 2. Hot Dog 3. Yogurt Plate <b>Cookie!</b> <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices
<b>25</b> <u>Choose one</u> 1. Turkey Shaped Nuggets Seasoned Rice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	<b>26</b> <u>Choose one</u> 1. Pancakes and Syrup Scrambled Egg Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Patty Fresh Baby Carrots Assorted Fruit Choices	<b>27</b> <b>Early Release</b> <u>Choose one</u> 1. Cheese Calzone - OR - 2. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices	<b>28</b> <i>School will be closed today to celebrate the Thanksgiving Holiday!</i>  <b>Happy Thanksgiving</b>	<b>29</b>



**NEW!** Parents – Log onto **family.schoolcafe.com** or download the "SchoolCafe Family Hub" app to view your student's lunch balance and make payments.

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.**

Visit <https://www.coventrypublicschools.org/district/wellness-committee> to be involved in school wellness!

Questions or comments about your student's lunches? We'd love to hear from you!

Call the Food Service Office at 860-742-4535. **This institution is an equal opportunity provider.**

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

**Just \$2.25\* 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

*\*Students approved for FREE or Reduced lunches are automatically eligible from FREE breakfast.*

***Don't Skip the Most Important Meal of the Day!***



### ***November Physical Activity Tip:***

***Always put safety first when exercising. See these safe exercise guidelines:***

- Use Proper Equipment.
- Replace your athletic shoes as they wear out.
- Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility.
- Warm Up.
- Stretch.
- Take Your Time.
- Drink Water.
- Cool Down.
- Rest.



### ***November Nutrition Tip:***

***November is National Apple Month! Did you know that apples can be very beneficial to your health? Check out these impressive benefits of eating these delicious fruit.***

Apples are:

- Nutritious
- Could be good for your heart
- Linked to a lower risk of diabetes
- May support weight loss
- May promote gut health
- Might help prevent cancer
- Could help fight asthma
- May help protect your brain



### **DID YOU KNOW?**



- ◆ The first Thanksgiving was celebrated in 1691.
- ◆ A ripe cranberry will bounce!
- ◆ All turkeys and chickens have wishbones.
- ◆ Abraham Lincoln declared a national day of Thanksgiving in 1863.
- ◆ The first Macy's Thanksgiving Day Parade was held in 1924.
- ◆ The U.S. Department of Agriculture estimates that Americans eat more than 46 million turkeys on Thanksgiving Day each year. This is about 88% of Americans, and represents almost 3 pounds of turkey per person!

### **Substitute Kitchen Help needed! Come Join Our Amazing Team!**

The Coventry/Andover School Food Service is now hiring 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/>.