



# G. H. Robertson School

## Spike's Cafe!

### December, 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>2</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>3</b> <u>Choose one</u> 1. Soft Chicken Tacos 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Assorted Fruit Choices	<b>4</b> <u>Choose one</u> 1. Mr D's Sloppy Joe on a Bun! 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked French Fries Fresh Baby Carrots Assorted Fruit Choices	<b>5</b> <u>Choose one</u> 1. BBQ Rib on a Bun 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices	<b>Early Release 6</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>9</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>10</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>11</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>12</b> <u>Choose one</u> 1. Nacho Grande with Tostitos 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Assorted Fruit Choices	<b>Pajama Day! 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>16</b> <u>Choose one</u> 1. Holiday Nuggets Macaroni and Cheese 2. Hot Dog on a Roll 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Assorted Fruit Choices	<b>17</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>18</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>19</b> <u>Choose one</u> 1. Beef Teriyaki Nuggets Asian Rice 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Broccoli and Carrots Fresh Baby Carrots Assorted Fruit Choices	<b>Early Release 20</b> <u>Choose one</u> White Garlic French Bread Pizza - OR - 2. Yogurt Plate <b>Cookie!</b> <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices



## Winter Vacation

### December 23 - January 1



**NEW!** Parents – Log onto [family.schoolcafe.com](http://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.**



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!**

**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!***



### **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/>.

### ***December Physical Activity Tip: Benefits!***

Being physically active can help you:

- Increase your chances of living longer.
- Feel better about yourself.
- Decrease your chances of becoming depressed.
- Sleep well at night.
- Move around more easily.
- Have stronger muscles and bones.
- Stay at or get to a healthy weight.
- Be with friends or meet new people.
- Enjoy yourself and have fun!



### ***December Nutrition Tip: Keep your Holidays Healthy!***

1. *Don't cut out holiday treats entirely. Limit them to special occasions and slow down, enjoying every bite! Moderation is the key!*
2. *Instead of unhealthy treats, focus on family time together. Decorate, make holiday cards, go out and enjoy a festival! When it's time for a treat, cook a healthy treat together as a family!*
3. *Don't forget to fill up on fruit and veggies! At least 5 servings per day!*
4. *Try this Fall Harvest Pumpkin Yogurt Dip recipe!*

#### **Ingredients**

- 1 Package Cream cheese, 1/3 reduced fat
- 1.5 Cup Vanilla non-fat yogurt
- 1 Cup Pumpkin, canned
- 1 Cup Powdered sugar
- 1 Tablespoon Vanilla extract, real
- 1 Tablespoon Cinnamon, ground
- 1/2 Teaspoon Nutmeg, fresh ground

#### **Method**

1. Using a mixer, soften cream cheese until smooth, add in powdered sugar, blend.
2. Add remaining ingredients, mix thoroughly.
3. Serve with cut up fruit, apples, grapes, melon, berries, etc. (Honey Crisp Apples are a great choice)

2 Tablespoons = 39 Calories, 1.5 g fat, 1 g sat. fat, 5 g carb

**Enjoy!**