



G. H. Robertson School

Spike's Cafe!

January, 2025

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
				
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Crispy Popcorn Chicken Seasoned Noodles Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick with Marinara Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Scrambled Egg Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Nacho Grande with Tostitos Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Baked 4x6 Cheese Pizza Slice Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders Macaroni and Cheese Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Grilled Cheese Tomato Soup Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Crisp Baked French Fries</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles and Syrup Sausage Patty Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Beef Teriyaki Nuggets Asian Rice Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. White Garlic French Bread Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>
 <p>School will be closed today to celebrate Martin Luther King Day!</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Quesadilla Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup Scrambled Egg Patty Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks with Marinara Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Square Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>

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.**

<p>27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mexican Taco 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>29</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><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Assorted Fruit Choices</p>	<p>30</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Orange Chicken Asian Rice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>Early Release 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Cheese Pizza - OR - 2. Yogurt Plate <p>Cookie!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>
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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.*

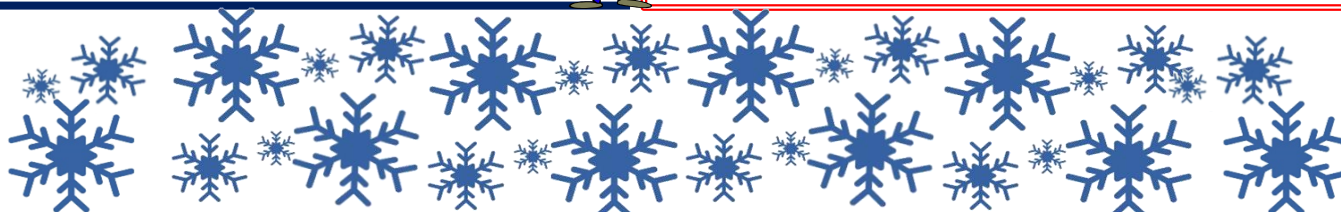
Don't Skip the Most Important Meal of the Day!



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



Wellness Tips to help you stay healthy this winter!

- 1. Limit the spread of germs** - Remember to cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. Wash your hands regularly using soap and warm water and scrub for at least 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer.
- 2. Stay hydrated** - Drinking enough water each day boosts your immune system and helps you fight viruses. Aim to drink enough water to equal two-thirds of your body weight in ounces every day.
- 3. Up your vitamin D intake** - Low vit D can make you susceptible to illnesses and negatively affect your mental health. Boost your levels by getting in the sunshine and eating foods high in vitamin D, like mushrooms and salmon.
- 4. Manage dry skin** - Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.
- 5. Stay rested** - A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night lets your body recover and protect against sickness.
- 6. See a provider when you're sick** - If you have COVID-19 or flu symptoms, call your health care provider to get tested or for expert advice to help you recover.

Follow us on Social Media!



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition