



G. H. Robertson School

Spike's Cafe!

February, 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>3</p> <p><u>Choose one</u></p> <p>1. Crispy Popcorn Chicken Seasoned Noodles</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>4</p> <p><u>Choose one</u></p> <p>1. Cheese Filled Bread Stick with Marinara</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>5</p> <p><u>Choose one</u></p> <p>1. French Toast Sticks Scrambled Egg Patty</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p>6</p> <p><u>Choose one</u></p> <p>1. Nacho Grande with Tostitos</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Assorted Fruit Choices</p>	<p>7</p> <p><u>Choose one</u></p> <p>1. Baked 4x6 Cheese Pizza Slice</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>
<p>10</p> <p><u>Choose one</u></p> <p>1. Chicken Tenders Macaroni and Cheese</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>11</p> <p><u>Choose one</u></p> <p>1. Grilled Cheese Tomato Soup</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Crisp Baked French Fries Fresh Baby Carrots Assorted Fruit Choices</p>	<p>12</p> <p><u>Choose one</u></p> <p>1. Beef Teriyaki Nuggets Asian Rice</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots Fresh Baby Carrots Assorted Fruit Choices</p>	<p>National Pancake Day! 13</p> <p><u>Choose one</u></p> <p>1. Pancakes and Syrup Sausage Patties</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p>Valentines Day! 14</p> <p><u>Choose one</u></p> <p>1. Holiday Nuggets Seasoned Noodles</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate Red Jello!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>
<p>17</p>  <p>School will be closed today to celebrate Presidents' Day!</p>	<p>18</p>  <p>School will be closed today for Staff Development</p>	<p>19</p> <p><u>Choose one</u></p> <p>1. Waffles and Syrup Scrambled Egg Patty</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p>20</p> <p><u>Choose one</u></p> <p>1. Mozzarella Sticks with Marinara</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>21</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Square</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>
<p>24</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Seasoned Noodles</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Assorted Fruit Choices</p>	<p>25</p> <p><u>Choose one</u></p> <p>1. Cheese Calzone Marinara Sauce</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>26</p> <p><u>Choose one</u></p> <p>1. Corn Dog Nuggets Onion Rings</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p>27</p> <p><u>Choose one</u></p> <p>1. Orange Chicken Asian Rice</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Mixed California Vegetables Fresh Baby Carrots Assorted Fruit Choices</p>	<p>Spirit Day! 28</p>  <p><u>Choose one</u></p> <p>1. Stuffed Crust Cheese Pizza</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate Cookie!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>

Follow us on Social Media!

 CoventryAndoverSchoolFoodService

 coventryandoverschoolnutrition



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/>.

February Nutrition tip: Eat the rainbow! Eating a variety of fruits and vegetables of different colors will provide you with necessary nutrients and keep you healthy.

- **Red-** Good for your heart and blood health. Foods like cherries, tomatoes, and red peppers!
- **Orange-** Prevent and reduce the risk of cancer. Foods like pumpkin, carrots, and mangoes!
- **Yellow-** Good for your skin, heart, and eyes. Helps prevent you from getting sick. Foods like bananas, summer squash, pineapple, and corn!
- **Green-** Good for your bones and helps Good for your bones and helps your body fight sickness. Foods like broccoli, kiwi, cucumber, and spinach!
- **Blue-** Improves memory and brain function. Food like blueberries and blackberries!
- **Purple-** Helps fight inflammation in your body. Foods like grapes, figs, onions, and eggplant!

Rainbow Roasted Vegetables

Ingredients:

- 2 red bell peppers
- 4 carrots
- 2 yellow squashes
- 1 pound broccoli
- 1 red onion
- ½ tsp kosher salt
- ¼ tsp black pepper
- 3 tbsp olive oil

Method:

- Preheat oven to 400 degrees.
- Cut vegetables into bite sized pieces.
- Toss vegetables in oil, salt, and pepper.
- Arrange in a single layer on a cookie sheet.
- Cook for 20-25 minutes until for tender.
- Enjoy!



Parents – Log onto family.schoolcafe.com or download the "SchoolCafe Family Hub" app to view your student's account 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.***