



G. H. Robertson School

Spike's Cafe!

March, 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!

~ Celebrate National School Breakfast Week! March 3 - 7, 2025 ~
Students will receive a raffle entry for Amazon Gift Cards for every breakfast purchased this week. Drawings will be held March 10, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<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</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Scrambled Egg Patty</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <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> <p>1. Cheese Filled Bread Stick with Marinara</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <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> <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</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Garlic French Bread Pizza</p> <p>- OR -</p> <p>2. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>
10	11	12	13	14
<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>Seasoned Green Beans</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</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</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Beef Teriyaki Nuggets Asian Rice</p> <p>- OR -</p> <p>2. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. BBQ Rib on a Bun</p> <p>- OR -</p> <p>2. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p>Early Release</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Square</p> <p>- OR -</p> <p>2. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>
17	18	19	19	21
<p>St. Patrick's Day!</p> <p><u>Choose one</u></p> <p>1. Holiday Shaped Nuggets Macaroni and Cheese</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p>Assorted Jello!</p> <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> <p>1. Waffles and Sausage Warm Apple Slices</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked Hash Brown</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <p>1. Mozzarella Sticks Marinara Sauce</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p>National Sloppy Joe Day</p> <p><u>Choose one</u></p> <p>1. Mr D's Sloppy Joe on a Bun!</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked French Fries</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <p>1. French Bread Cheese Pizza</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>
24	25	26	27	28
<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</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <p>1. Cheese Calzone</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <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> <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</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <p>1. Cherry Blossom 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</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>	<p>Spirit Day!</p> <p><u>Choose one</u></p> <p>1. Stuffed Crust Cheese Pizza</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p>Cookie!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks</p> <p>Fresh Baby Carrots</p> <p>Assorted Fruit Choices</p>



31	April Fools Day! 1	2	3	4
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Tenders 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Emoji Nuggets 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><u>Choose one</u></p> <ol style="list-style-type: none"> 1. BBQ Rib on a Bun 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots Fresh Baby Carrots Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Assorted Fruit Choices</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Square 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Assorted Fruit Choices</p>

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/>.

March Nutrition Tips:

◆ Eat more green veggies!



◆ Eat the rainbow, try lots of colorful fruits and veggies!



◆ Try a new vegetable or fruit!



◆ Start your day with breakfast!

March Physical Activity Tips:

◆ Do jumping jacks or push ups during commercials when watching TV, or when taking a break from doing homework!



◆ Play tag with your friends at recess!

◆ Play a game with your friends, like basketball or soccer!



◆ Dance to your favorite song after school!

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.***