



G. H. Robertson School

Spike's Cafe!

April, 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



April Fools Day! 1

Choose one

1. Emoji Nuggets
2. Seasoned Noodles
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

2

Choose one

1. BBQ Rib on a Bun
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Broccoli and Carrots
Fresh Baby Carrots
Assorted Fruit Choices

3

Choose one

1. Pancakes and Syrup
2. Sausage Patties
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

4

Choose one

1. Cheese Pizza Square
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices

7

Choose one

1. Crispy Popcorn Chicken
2. Macaroni and Cheese
3. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

8

Choose one

1. Grilled Cheese
2. Tomato Soup
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

Crisp Baked French Fries
Fresh Baby Carrots
Assorted Fruit Choices

9

Choose one

1. Beef Teriyaki Nuggets
2. Asian Rice
3. Hot Dog
3. Yogurt Plate

Choose up to Three

Broccoli and Carrots
Fresh Baby Carrots
Assorted Fruit Choices

10

Choose one

1. French Toast Sticks
2. Sausage Patties
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

Hash Brown Potato
Fresh Baby Carrots
Assorted Fruit Choices

11

Choose one

1. Stuffed Crust Pizza
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices



Spring Break April 14 - 18, 2025



21

Choose one

1. Chicken Patty on a Bun
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

22

Choose one

1. Waffles and Sausage
2. Warm Apple Slices
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked Hash Brown
Fresh Baby Carrots
Assorted Fruit Choices

23

Choose one

1. Mozzarella Sticks
2. Marinara Sauce
3. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Seasoned Broccoli
Fresh Baby Carrots
Assorted Fruit Choices

24

Choose one

1. Cheese Filled Bread Sticks with Marinara
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked French Fries
Fresh Baby Carrots
Assorted Fruit Choices

Spirit Day! 25

Choose one

1. French Bread
2. Cheese Pizza
3. Hot Dog
3. Yogurt Plate

Cookie!

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices



28

Choose one

1. Chicken Nuggets
2. Seasoned Noodles
3. Hot Dog
3. Yogurt Plate

Choose up to Three

Seasoned Broccoli
Fresh Baby Carrots
Assorted Fruit Choices

29

Choose one

1. Cheese Calzone
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Seasoned Green Beans
Fresh Baby Carrots
Assorted Fruit Choices

30

Choose one

1. Corn Dog Nuggets
2. Onion Rings
3. Hot Dog
3. Yogurt Plate

Choose up to Three

Baked Beans
Fresh Baby Carrots
Assorted Fruit Choices

1

Choose one

1. General Tso Chicken
2. Asian Rice
3. Cheeseburger
3. Yogurt Plate

Choose up to Three

Mixed California Vegetables
Fresh Baby Carrots
Assorted Fruit Choices

2

Choose one

1. Cheese Pizza Square
2. Hot Dog
3. Yogurt Plate

Choose up to Three

Fresh Vegetable Sticks
Fresh Baby Carrots
Assorted Fruit Choices



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 for 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/>.

Drink, Calories and Container Size (fluid ounces)

Teaspoons of Sugar per Container Size

Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)



Soda

227 calories
20 fl. oz.

14 tsp



49 min.



Sports Drink

125 calories
20 fl. oz.

9 tsp



27 min.



Energy Drink

240 calories
16 fl. oz.

15 tsp



52 min.



Juice Drink

305 calories
20 fl. oz.

17 tsp



66 min.



Fruit-flavored Soda

165 calories
12.5 fl. oz.

11 tsp



36 min.



Vitamin-added Water

125 calories
20 fl. oz.

8 tsp



27 min.



Sweetened Tea

213 calories
20 fl. oz.

14 tsp



46 min.



Water

0 calories
20 fl. oz.

0 tsp



0 min.



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.** **Follow us on Social Media!**



CoventryAndoverSchoolFoodService



coventryandoverschoolnutrition