

Meal Prices

**Student Lunch.....\$2.10**  
 Milk only.....50¢  
 Student Breakfast....\$1.25  
 Adult Lunch.....\$3.50  
 Adult Breakfast.....\$2.00

All Meals include a choice of  
 Skim 1/2% or 1% White or  
 Flavored Milk  
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All rolls & breads  
 are whole wheat or  
 whole grain for better health!

# G. H. Robertson School February, 2012



## Spike's Cafe!

Also available daily  
 are snacks which meet  
 the  
 CT Healthy Food  
 Guidelines

Bottled water is available  
 for 85¢  
 Fresh Fruit is 50¢



*A Note from the  
 School Food Service Office*

*Parents - Have you logged on to "My School Account"  
 where you can view your student's lunch balance and  
 make payments: Check the Food Service Page on the  
 district website for more information and instructions.*

<http://coventryps.org/admin/services/food.html>

Wednesday, February 1

**Lucky Plate Day!!**

Choose one

1. Cheese Filled Bread Stick  
with Tomato Sauce
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Baked Potato Rounds  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Thursday, February 2

**Superbowl Party!**

Choose one

1. Chili Con Carne  
with Tostito Scoops
2. Cheeseburger
3. Yogurt Plate

**Football Pencil!**

Choose up to Three

Fresh Veggie Sticks  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Friday, February 3

Choose one

1. Stuffed Crust Cheese  
or Pepperoni Pizza
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Fresh Garden Salad  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Monday, February 6

Choose one

1. Chicken Teriyaki  
Strips & Rice
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Fresh Green Beans  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Tuesday, February 7

Choose one

1. Waffles and  
Sausage Links
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Baked Hash Brown  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Wednesday, February 8

**Lucky Plate Day!!**

Choose one

1. Grilled Ham & Cheese  
on whole wheat
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Vegetable Soup  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Thursday, February 9

Choose one

1. Nacho Grande
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Corn Niblets  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Friday, February 10

Choose one

1. Personal Pan  
Cheese Pizza
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Fresh Garden Salad  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Monday, February 13

Choose one

1. Baked Chicken Nuggets  
Macaroni & Cheese
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Fresh Broccoli  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Tuesday, February 14

♥ Valentines Day ♥

Choose one

1. Pancakes &  
Sausage Links
2. Cheeseburger
3. Yogurt Plate

**Bear Cookie!**

Choose up to Three

Baked Hash Brown  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Wednesday, February 15

**Lucky Plate Day!!**

Choose one

1. Fish Sticks
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Potato Puffs  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

Thursday, February 16

**Mr. Hopkins Favorite!**

Choose one

1. BBQ Rib on Whole  
Wheat Roll
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

Fresh Vegetables  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice

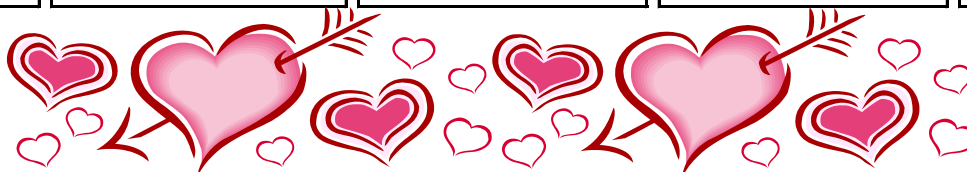
Friday, February 17

Choose one

1. Stuffed Crust Cheese  
or Pepperoni Pizza
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

Fresh Garden Salad  
 Fresh Baby Carrots  
 Fresh Fruit  
 Assorted Cupped Fruit  
 100% Fruit Juice



Monday, February 20



**Presidents' Day**

**School will be closed today in honor of Presidents Day**

Tuesday, February 21

Choose one

- French Toast Sticks  
Sausage Links
- Cheeseburger
- Yogurt Plate

Choose up to Three

Baked Hash Brown  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Wednesday, February 22

**Lucky Plate Day!!**

Choose one

- Baked Chicken  
Mashed Potato & Gravy
- Hot Dog in a Roll
- Yogurt Plate

Choose up to Three

Mixed Vegetables  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Thursday, February 23

Choose one

Turkey on whole wheat wrap

- Cheeseburger
- Yogurt Plate

Choose up to Three

Fresh Lettuce & Tomato  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Friday, February 24

Choose one

- Personal Pan Cheese Pizza
- Hot Dog in a Roll
- Yogurt Plate

Choose up to Three

Fresh Garden Salad  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Monday, February 27

Choose one

- Baked Chicken Tenders  
Seasoned Noodles
- Hot Dog on a Roll
- Yogurt Plate

Choose up to Three

Fresh Steamed Baby carrots & cauliflower  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Tuesday, February 28

Choose on

- Mozzarella Sticks  
Tomato Sauce
- Cheeseburger
- Yogurt Plate

Choose up to Three

Baked Potato Wedges  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Wednesday, February 29

**Lucky Plate Day!!**

Choose one

- Corn Dog
- Hot Dog on a Roll
- Yogurt Plate

Choose up to Three

Baked French Fries  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Thursday, March 1

Choose one

- Soft Chicken Taco  
Mexican Rice
- Cheeseburger
- Yogurt Plate

Choose up to Three

Corn Niblets  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

Friday, March 2

Choose one

- Stuffed Crust Cheese or Pepperoni Pizza
- Hot Dog on a Roll
- Yogurt Plate

Choose up to Three

Fresh Garden Salad  
Fresh Baby Carrots  
Fresh Fruit  
Assorted Cupped Fruit  
100% Fruit Juice

