

**Meal Prices**

**Student Lunch.....\$2.75**  
 Milk only.....50¢  
 Student Breakfast.....\$1.75  
 Adult Lunch.....\$4.00  
 Adult Breakfast.....\$2.25

All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk  
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All breads & grains are whole grain rich for better health!

# G. H. Robertson School February, 2019



## Spike's Cafe!

Also available daily for \$1.00 are snacks which meet the CT Healthy Food Guidelines



Bottled water is available for \$1.00  
 Fresh Fruit is 50¢

<p><b>Monday, February 4</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Crispy Chicken Tenders Fluffy Rice</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli                  Fresh Baby Carrots                  Fresh Oranges                  &amp; other assorted fruit</p>	<p><b>Tuesday, February 5</b> <b>Chinese New Year!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Teriyaki Chicken with Fried Rice &amp; Roll</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli &amp; Carrots                  Fresh Baby Carrots                  Pineapple                  &amp; other assorted fruit</p>	<p><b>Wednesday, February 6</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Mexican Beef Taco Lettuce, Tomato &amp; Cheese</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Refried Beans                  Fresh Baby Carrots                  Raisins                  &amp; other assorted fruit</p>	<p><b>Thursday, February 7</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>French Toast Sticks Sausage Links</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots                  Fresh Baby Carrots                  Apple Sauce                  &amp; other assorted fruit</p>	<p><b>Friday, February 8</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks                  Fresh Baby Carrots                  Sliced Peaches                  &amp; other assorted fruit</p>
<p><b>Monday, February 11</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Corn Dog Nuggets Seasoned Curly Fries</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Refried Beans                  Fresh Baby Carrots                  Diced Pears                  &amp; other assorted fruit</p>	<p><b>Tuesday, February 12</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked Macaroni &amp; Cheese Dinner with Roll</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans                  Fresh Baby Carrots                  Fresh Apples                  &amp; other assorted fruit</p>	<p><b>Wednesday, February 13</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>BBQ Rib on a Roll</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked French Fries                  Fresh Baby Carrots                  Fresh Oranges                  &amp; other assorted fruit</p>	<p><b>Thursday, February 14</b> <b>Valentine's Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Heart Shaped Chicken Nuggets &amp; Mac &amp; Cheese</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><b>Red Jello!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli                  Fresh Baby Carrots                  Strawberries                  &amp; other assorted fruit</p>	<p><b>Friday, February 15</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks                  Fresh Baby Carrots                  Sliced Peaches                  &amp; other assorted fruit</p>
<p><b>Monday, February 18</b></p>  <p><b>School will be closed today to celebrate Presidents' Day</b></p>	<p><b>Tuesday, February 19</b></p>  <p><b>School will be closed today for Winter Break</b></p>	<p><b>Wednesday, February 20</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Lasagna with Marinara Sauce &amp; Roll</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans                  Fresh Baby Carrots                  Raisins                  &amp; other assorted fruit</p>	<p><b>Thursday, February 21</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Grilled Cheese on Whole Wheat</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Warm Tomato Soup                  Fresh Baby Carrots                  Fresh Oranges                  &amp; other assorted fruit</p>	<p><b>Friday, February 22</b> <b>Spirit Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Personal Pan Pizza</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><b>Pudding!</b></p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks                  Fresh Baby Carrots                  Sliced Peaches                  &amp; other assorted fruit</p>

Parents: Visit [www.myschoolaccount.com](http://www.myschoolaccount.com) to view your student's lunch balance and make payments. If you choose to send in cash, please make sure to label it with your student's name.



Bagged Lunches are available for field trips from your school kitchen!  
 Call 860-742-4528 or stop by the kitchen the day before the trip to order!

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.*



Monday, February 25	Tuesday, February 26	Wednesday, February 27 <i>National Strawberry Day!</i>	Thursday, February 28	Friday, March 1
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Popcorn Chicken Seasoned Noodles</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Marinated Chick Pea Salad Fresh Baby Carrots Diced Pears &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Nacho Grande Tostito Scoops</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cherry Blossom Chicken Fluffy Rice &amp; Roll</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Strawberries &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Waffles &amp; Syrup Sausage Links</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Apple Sauce &amp; other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches &amp; other assorted fruit</p>

## Come join us for Breakfast! Just \$1.75\*

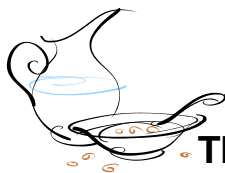
**Mondays:** Pancakes or Waffles

**Tuesdays:** Toasted Bagel

**Wednesdays:** Chocolate Chip, Corn and Blueberry Muffin

**Thursdays:** Egg McNathan (egg & cheese on english muffin)

**Fridays:** Cinnamon Roll



Assorted Cereal and Pastries are available every day

All choices come with Fruit, Orange Juice and Milk

\* Students approved for FREE lunch are automatically eligible for FREE Breakfast.

\* Breakfast for students approved for REDUCED meals is 20¢.



***Don't skip the Most Important Meal of the Day!***

**February Physical Activity Tip:** In winter, the weather sometimes make it hard to keep moving toward our own exercise goals. If you're not a world-class winter athlete, or can't stand going out in the cold, how can you stay active in winter? What can you do to keep moving throughout the year?

Here are some tips that may help:

- Choose activities that are fun. In all seasons, people are more likely to be active if they like what they are doing. In winter, you may enjoy a brisk walk at a local shopping center or a dance class.
- You can do many activities to strengthen muscles indoors. As the [Physical Activity Guidelines for Americans](#) recommend, do 2 or more days per week of strengthening activities such as lifting light weights, doing full or modified push-ups, or working with resistance bands.
- Keep an activity log to track your progress.
- If your time is limited, do 10 minutes of exercise at a time. Spread these bursts of activity out throughout the day. Every little bit counts!

**February Nutrition Tip: Maintain Energy with Nutrition this Winter**

Along with cold temperatures and shorter days, winter often means a lack of energy and motivation for many people. Sugary treats and comfort foods always seem to be around, and the cold weather can make the gym feel like the last place you want to go.

Whether you find yourself with a little less energy, a case of the winter blues, or something more serious, a nutritious diet can help you this season. To help you get started, nutrition experts at UPMC Sports Medicine offer six areas to focus on for improving your diet this winter.

- Focus on Healthy Carbs like nuts and whole grains
- Eat foods high in Vitamins C, D, and Zinc to help you stay healthy.
- Keep Your Diet Full of Fruits and Vegetables.
- Drink More Water and Tea to stay hydrated.
- Practice Moderation with sweets and treats.
- Eat On a Regular Schedule to help prevent over-eating and keep energy high.

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