

**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  
 \*\*\*\*\*

All breads & grains  
 are whole grain rich  
 for better health!



# G. H. Robertson School January, 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¢



Wednesday, January 2		Thursday, January 3		Friday, January 4	
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pasta &amp; Meatballs Marinara Sauce</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><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><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>	
Monday, January 7		Tuesday, January 8		Wednesday, January 9	
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Baked Chicken Nuggets Seasoned Noodles</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                      Diced Pears                      &amp; other assorted fruit</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><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>	
Thursday, January 10		Friday, January 11			
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Corn Dog Nuggets Seasoned Curly Fries</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Refried Beans                      Fresh Baby Carrots                      Strawberries                      &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>			
Monday, January 14		Tuesday, January 15		Wednesday, January 16	
<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Patty Sandwich Lettuce &amp; Tomato</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Beans                      Fresh Baby Carrots                      Fresh Apples                      &amp; other assorted fruit</p>		<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken or Cheese Quesadilla</li> <li>Cheeseburger</li> <li>Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks                      Fresh Baby Carrots                      Strawberries                      &amp; other assorted fruit</p>		<p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Ravioli 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>	
Thursday, January 17		Friday, January 18			
<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>Baked French Fries                      Fresh Baby Carrots                      Fresh Oranges                      &amp; other assorted fruit</p>		<p><b>Winnie the Pooh Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Stuffed Crust Pizza</li> <li>Hot Dog on a Roll</li> <li>Yogurt Plate</li> </ol> <p><b>Honey Graham Bear Cookie!</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.*



<p>Monday, January 21</p>  <p>School will be closed today to celebrate Martin Luther King's Day!</p>	<p>Tuesday, January 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Nacho Grande Tostito Scoops</li> <li>2. Cheeseburger</li> <li>3. 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>Wednesday, January 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cherry Blossom Chicken Fluffy Rice &amp; Roll</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Diced Pears &amp; other assorted fruit</p>	<p>Thursday, January 24</p> <p><b>National Compliment Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Waffles &amp; Syrup Sausage Links</li> <li>2. Cheeseburger</li> <li>3. 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>Friday, January 25</p> <p><b>Spirit Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Personal Pan Pizza</li> <li>2. Hot Dog on a Roll</li> <li>3. 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>Monday, January 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Baked Chicken Nuggets Macaroni &amp; Cheese</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Applesauce &amp; other assorted fruit</p>	<p>Tuesday, January 29</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Chicken Fajita Mexican Rice</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Sliced Pears &amp; other assorted fruit</p>	<p>Wednesday, January 30</p> <p><b>Half Day!</b></p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Filled Bread Stick Marinara Dipping Sauce</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Strawberry Cups &amp; other assorted fruit</p>	<p>Thursday, January 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Pancakes &amp; Syrup Sausage Links</li> <li>2. Cheeseburger</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Fresh Oranges &amp; other assorted fruit</p>	<p>Friday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>1. Cheese Pizza Slice</li> <li>2. Hot Dog on a Roll</li> <li>3. Yogurt Plate</li> </ol> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Raisins &amp; other assorted fruit</p>

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

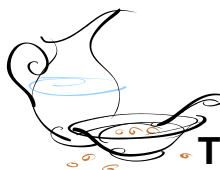
**Mondays:** Pancakes or Waffles

**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!**

Follow us on Twitter!  
@CoveAndoSchFood



January Health Tip: Get your ZZZZZZZ's!



Like us on Facebook!

[www.facebook.com/CoventryAndoverSchoolFoodService](http://www.facebook.com/CoventryAndoverSchoolFoodService)

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.

