

Meal Prices

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

G. H. Robertson School

May, 2019

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¢

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!



Spike's Cafe!

Follow us on Twitter!



@CoveAndoSchFood

Like us on Facebook!



www.facebook.com/CoventryAndoverSchoolFoodService

Wednesday, May 1

Choose one

1. Baked Macaroni & Cheese Dinner with Roll
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

- Fresh Green Beans
- Fresh Baby Carrots
- Fresh Oranges
- & other assorted fruit

Thursday, May 2

Choose one

1. Corn Dog Nuggets Seasoned Curly Fries
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Refried Beans
- Fresh Baby Carrots
- Strawberries
- & other assorted fruit

Friday, May 3

Choose one

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

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Sliced Peaches
- & other assorted fruit

Monday, May 6

Choose one

1. Chicken Patty Sandwich Lettuce & Tomato
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Fresh Apples
- & other assorted fruit

Tuesday, May 7

Tex Mex Tuesday!

Choose one

1. Chicken or Cheese Quesadilla
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Corn Niblets
- Fresh Baby Carrots
- Strawberries
- & other assorted fruit

Wednesday, May 8

Choose one

1. Cheese Lasagna with Marinara Sauce & Roll
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

- Fresh Green Beans
- Fresh Baby Carrots
- Raisins
- & other assorted fruit

Thursday, May 9

Choose one

1. Grilled Cheese on Whole Wheat
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Warm Tomato Soup
- Fresh Baby Carrots
- Fresh Oranges
- & other assorted fruit

Friday, May 10

Choose one

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

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Sliced Peaches
- & other assorted fruit

Monday, May 13

Choose one

1. Crispy Chicken Tenders Fluffy Rice
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

- Baked Beans
- Fresh Baby Carrots
- Fresh Apples
- & other assorted fruit

Tuesday, May 14

Tex Mex Tuesday!

Choose one

1. Chicken Fajita Mexican Rice
2. Cheeseburger
3. Yogurt Plate

Choose up to Three

- Refried Beans
- Fresh Baby Carrots
- Sliced Pears
- & other assorted fruit

Wednesday, May 15

Choose one

1. Sweet Chili Chicken Fluffy Rice & Roll
2. Hot Dog on a Roll
3. Yogurt Plate

Choose up to Three

- Fresh Broccoli
- Fresh Baby Carrots
- Strawberry Cups
- & other assorted fruit

Thursday, May 16

Choose one

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

Choose up to Three

- Baked Tater Tots
- Fresh Baby Carrots
- Fresh Oranges
- & other assorted fruit

Friday, May 17

Choose one

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

Choose up to Three

- Fresh Vegetable Sticks
- Fresh Baby Carrots
- Raisins
- & other assorted fruit

Parents: Visit 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, May 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Popcorn Chicken Seasoned Noodles 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Marinated Chick Pea Salad Fresh Baby Carrots Diced Pears & other assorted fruit</p>	<p>Tuesday, May 21</p> <p>Tex Mex Tuesday!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mexican Beef Taco Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>Wednesday, May 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick Marinara Dipping Sauce 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Strawberry Cups & other assorted fruit</p>	<p>Thursday, May 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Waffles & Syrup Sausage Links 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Apple Sauce & other assorted fruit</p>	<p>Friday, May 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Slice 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>
<p>Monday, May 27</p>  <p>School will be closed today to celebrate Memorial Day!</p>	<p>Tuesday, May 28</p> <p>Tex Mex Tuesday!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Nacho Grande Tostito Scoops 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Pineapple & other assorted fruit</p>	<p>Wednesday, May 29</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Philly Cheese Steak with Peppers & Onions 2. Hot Dog on a Roll 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Curly Fries Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Thursday, May 30</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. French Toast Sticks Sausage Links 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Apple Sauce & other assorted fruit</p>	<p>Friday, May 31</p> <p>Spirit Day!</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Cheese Pizza 2. Hot Dog on a Roll 3. Yogurt Plate <p>Mini Rice Krispie Treat!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & 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!

May Nutrition Tip: It's time to be good to your eyes! Eating better. Spend less time looking at digital devices. It's not just good for your body and mind—it's healthy for your eyes, too. Your eyes are unique and have their own nutritional needs. Getting the right nutrients to help nourish your eyes is a matter of choosing foods full of eye-healthy nutrients like Lutein, Zeaxanthin and Omega-3s. Lutein and Zeaxanthin cannot be produced by our bodies on their own, so they must be obtained through diet and/or supplements. But which foods, exactly?

Leafy Vegetables – Richest Food Sources - A single serving of cooked, frozen spinach contains close to 30 mg of lutein and zeaxanthin, which is the maximum amount present in any food, according to the USDA. The quantity of these two nutrients varies based on method of preparation, but cooked, frozen, fresh and canned dark green leafy vegetables such as kale, spinach, turnip greens, collards, dandelion greens, and mustard greens top the list with 8 to 25 mg of lutein and zeaxanthin per serving.

Other Vegetable Sources - All varieties of cooked summer and winter squash, peas, yellow corn, beet greens, pumpkin, Brussels sprouts, broccoli, romaine and iceberg lettuce, asparagus and carrots are good food sources of lutein and zeaxanthin and contain between 1 to 4 mg of lutein and zeaxanthin per serving.

May Physical Activity Tip:

While the benefits of daily exercise are numerous and well known, the benefits of a regular stretching routine are far less emphasized but just as important. Incorporating stretching into your daily workouts or into your regular day on their own is just as important to health and body functioning as regular exercise.

