



G. H. Robertson School

Spike's Cafe!

October, 2022

Meal Prices

Student Lunch	Free
Student Breakfast	Free
Milk only	\$0.75
Adult Lunch	\$4.75
Adult Breakfast	\$2.50
Snacks	\$1.00

All Meals include a choice of White or Flavored Milk



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

GREAT NEWS! During the transition back to normal school operations in school year 2022-23, the Coventry/Andover School Food Service has opted in to the School Meals Assistance Revenue for Transition (SMART) funds providing meals (breakfast and lunch) **at no cost for all students at the beginning of the school year.** Please note that meals at no cost to all students *are unlikely to last all year and are subject to the availability of district funds.* Since the availability of meals at no cost will expire when all funds have been expended, it is critical that households submit a free and reduced-priced meal application as soon as possible to determine a student's eligibility for this school year and avoid unpaid meal charges.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<u>Choose one</u> 1. Chicken Tenders Seasoned Rice 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit	National Taco Day <u>Choose one</u> 1. Soft Mexican Taco Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Refried Beans Fresh Baby Carrots Fresh Orange & other assorted fruit	<u>Choose one</u> 1. Waffles & Syrup Sausage Patty 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Strawberry Cups & other assorted fruit	<u>Choose one</u> 1. Corn Dog Nuggets Baked French Fries 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Sliced Pears & other assorted fruit	<u>Choose one</u> 1. French Bread Cheese Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit

National School Lunch Week! October 10 - 14, 2022

Students receive a raffle entry for Amazon Gift Cards for every lunch purchased this week. Drawings will be held October 17, 2022.

10	11	12	13	14
 School will be closed today for October Break	 School will be closed today for Staff Development	<u>Choose one</u> 1. Cheese Filled Bread Stick & Marinara Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Broccoli Fresh Baby Carrots Raisins & other assorted fruit	<u>Choose one</u> 1. Pancakes and Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Hash Brown Potato Fresh Baby Carrots Strawberries & other assorted fruit	<u>Choose one</u> 1. Personal Pan Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Fresh Orange & other assorted fruit
17	18	19	20	21
<u>Choose one</u> 1. Chicken Patty on a Bun 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Fresh Pears & other assorted fruit	<u>Choose one</u> 1. Nacho Grande with Tortilla Chips 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit	<u>Choose one</u> 1. Mozzarella Sticks Marinara Dipping Sauce 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Seasoned Green Beans Fresh Baby Carrots Raisins & other assorted fruit	<u>Choose one</u> 1. General Tso Chicken with Fluffy Rice & Roll 2. Cheeseburger 3. Yogurt Plate <u>Choose up to Three</u> Fresh Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit	<u>Choose one</u> 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate <u>Choose up to Three</u> Fresh Vegetable Sticks Fresh Baby Carrots Pineapple Tidbits & other assorted fruit

October Nutrition Tip: October 10 - 14, 2023 is celebrated as National School Lunch Week. Learning is tough work—and kids need fuel if they're going to learn! That's why a healthy midday meal is crucial to the growing children who go to school. Since 1962, when President John F. Kennedy created National School Lunch Week (NSLW), this annual observance has promoted the importance of a healthy school lunch in a child's life and the impact it has both in and out of the classroom. **Students receive a raffle entry for Amazon Gift Cards for every lunch purchased this week.** Drawings will be held October 17, 2022.

<p style="text-align: right;">24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Popcorn Chicken Seasoned Noodles Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p style="text-align: right;">25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mr D's Sloppy Joe on a Bun! Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p style="text-align: right;">26</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mandarin Orange Chicken with Rice Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p style="text-align: right;">27</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Soft Mexican Taco Lettuce, Tomato & Cheese Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p style="text-align: right;">Spirit Day! 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Personal Pan Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Raisins & other assorted fruit</p>
<p>Happy Halloween! 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Chicken Tenders Fluffy Rice Hot Dog on a Roll Yogurt Plate Orange Jello! <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p style="text-align: right;">1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Patty Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Apple Sauce & other assorted fruit</p>	<p style="text-align: right;">2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mr D's Sloppy Joe on a Bun! Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Raisins & other assorted fruit</p>	<p style="text-align: right;">3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Cheese Quesadilla Cheeseburger Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Pineapple & other assorted fruit</p>	<p style="text-align: right;">4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> French Bread Cheese Pizza Hot Dog Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Oranges Chocolate Milk</p>

Substitute Kitchen Help needed!

The Coventry/Andover School Food Service is now hiring part-time and substitute 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/>.

Come join us for Breakfast!

It's FREE!

- ◆ Fresh Made Egg & Cheese Sandwich
 - ◆ Assorted Muffins ◆ Assorted Cereal
 - ◆ Cinnamon Buns ◆ Breakfast Bars
 - ◆ Assorted Pastries
- All choices come with Fruit, Juice and Milk

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

October Physical Activity Tip:

Wednesday, October 5 is National Walk to School Day. If you are able, join others around the globe by walking or biking to school during this one-day event that began in 1997. To increase physical activity, walk or bike to school throughout the year!

If you cannot walk to school from where you live, take a brisk 15 minute walk during the day. Can you walk a whole mile in 15 minutes? Challenge yourself!



Parents – Log onto www.myschoolaccount.com to view your student's lunch balance and make payments. For more information about your school lunch program, visit

<http://www.coventrypublicschools.org/district/food-services>.

Want to be involved in school wellness? Visit <https://www.coventrypublicschools.org/district/wellness-committee>.

Questions or comments about your student's lunches? We'd love to hear from you!

Call or email 860-742-4535 or bpratt@coventryct.org.

This institution is an equal opportunity provider.