



G. H. Robertson School

Spike's Cafe!



April, 2022

Student Lunch....FREE
 Student Breakfast.....FREE
 Milk.....\$0.50
 Adult Lunch.....\$4.50
 Adult Breakfast..\$2.25
 Snacks.....\$1.00
 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!

PurpleUp! For Military Kids!

By proclamation of Governor Ned Lamont, April is the **Month of the Military Child**. Help us celebrate **PurpleUp! For Military Kids** on **April 27th**, by wearing or displaying purple to recognize the strength and the sacrifices of our military children. Purple references the joint environment of the military, encompassing all service branches, Active Duty, Reserve, National Guard, and Veterans. Purple combines each branch's colors into one: the Air Force, Navy, and Coast Guard all use shades of blue, the Army uses green, and the Marines use red.



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[@CPS_AES_SchFood](#)

Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Chicken Patty on a Bun 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Totally Taco MaxSnax Mexican Rice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mozzarella Sticks Marinara Dipping Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Green Beans Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. General Tso Chicken with Fluffy Rice & Roll 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Pineapple Tidbits & other assorted fruit</p>



April 11 - 15, 2022 Spring Break!



Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Crispy Popcorn Chicken Seasoned Noodles 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mr D's Sloppy Joe on a Bun! 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Mandarin Orange Chicken with Rice 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Soft Mexican Taco Lettuce, Tomato & Cheese 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Refried Beans Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Personal Pan Pizza 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Raisins & other assorted fruit</p>

Come join us for Breakfast! It's FREE for All Students!

- ◆ Fresh Made Egg & Cheese Sandwich
- ◆ Assorted Muffins
- ◆ Cinnamon Buns
- ◆ Assorted Pastries
- ◆ Assorted Cereal
- ◆ Breakfast Bars

Assorted Cereal is available every day
 All choices come with Fruit,
 Juice and Milk

Don't skip the Most Important



Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29 <i>Spirit Day!</i>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Chicken Tenders Fluffy Rice Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Apples & other assorted fruit</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><u>Choose one</u></p> <ol style="list-style-type: none"> Cheesy Pull-Aparts with Marinara Dipping Sauce Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Raisins & other assorted fruit</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><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Cheese Pizza Hot Dog on a Roll Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>

April Nutrition Tip! Here are five nutrition facts you should keep in mind daily:

1. Rethink your drink - Soda and other sweet drinks contain a lot of sugar, are high in calories and lack healthy nutrients. Drink water, 100% juice or fat-free milk. Dilute fruit juices with water or seltzer.



2. Size matters - Keeping an eye on portion size is key to maintaining a healthy weight. Avoid supersized portions. Use a smaller plate, bowl and glass. Stop eating when you are satisfied, not full.



3. Focus on fiber - Whole grains are an excellent source of fiber. Fiber aids in your digestion and may lower your risk of obesity, type 2 diabetes and heart disease. Also, high fiber foods can keep you fuller longer, which helps keep you from overeating.



4. Color your plate - Including several types of colorful fruits and vegetables to your plate adds lots of healthy vitamins and minerals to your meals. It's important to eat an array of these foods to give your body the tools it needs to keep you healthy.

5. Snack smarter - Snacking can help maintain energy. Stay away from sugary foods like candy or soda since they have little nutritional value. Instead, choose healthier options like fruit, yogurt, nuts, cut-up vegetables or whole grain crackers. Be mindful of portions and how many calories

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>.

This institution is an equal opportunity provider.

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 the Food Service Office at 860-742-4535 or bpratt@coventryct.org.

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 Our Amazing Team!