



G. H. Robertson School

Spike's Cafe!



January, 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!

**Great News! All Student Breakfast
 and Lunches will be served at NO COST
 for the entire school year!**

A-la-carte pricing still applies.

All menus subject to change based on availability.

Like us on Facebook!

[@CoventryAndover
 SchoolFoodService](https://www.facebook.com/CoventryAndoverSchoolFoodService)

Follow us on Twitter!

[@CPS_AES_SchFood](https://twitter.com/CPS_AES_SchFood)

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
<p><u>Choose one</u></p> <p>1. Crispy Chicken Tenders Fluffy Rice</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Broccoli Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Patty</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <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> <p>1. Mr D's Sloppy Joe on a Bun!</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Baked French Fries Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. Mexican Beef Taco Lettuce, Tomato & Cheese</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <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> <p>1. Stuffed Crust Cheese Pizza</p> <p>2. Hot Dog on a Roll</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
<p><u>Choose one</u></p> <p>1. Teriyaki Chicken Dippers Seasoned Rice</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. Waffles & Syrup Sausage Patty</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Orange & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. Cheese Quesadilla</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Strawberry Cups & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. Corn Dog Nuggets Baked French Fries</p> <p>2. Cheeseburger</p> <p>3. Yogurt Plate</p> <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans Fresh Baby Carrots Sliced Pears & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. French Bread Cheese Pizza</p> <p>2. Hot Dog</p> <p>3. Yogurt Plate</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! It's FREE for All Students!

Mondays: Pancakes or Waffles
 Tuesdays: Toasted Bagel
 Wednesdays: Assorted Muffins
 Thursdays: Fresh Made Egg Sandwich
 Fridays: Cinnamon Roll

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

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



<p>Monday, January 17</p>  <p>School will be closed to celebrate Martin Luther King Day!</p>	<p>Tuesday, January 18</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. BBQ Rib on a Roll Seasoned Curly Fries 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Wednesday, January 19</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Filled Bread Stick & Marinara Sauce 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Raisins & other assorted fruit</p>	<p>Thursday, January 20</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Pancakes and Syrup Sausage Patty 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>Friday, January 21</p> <p>Half Day</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 Fresh Orange & other assorted fruit</p>
<p>Monday, January 24</p> <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>Tuesday, January 25</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>Wednesday, January 26</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>Thursday, January 27</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>Friday, January 28</p> <p>Spirit Day!</p>  <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Stuffed Crust Pizza 2. Hot Dog 3. Yogurt Plate <p>Rice Krispy Treat!</p> <p><u>Choose up to Three</u></p> <p>Fresh Vegetable Sticks Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>
<p>Monday, January 31</p> <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>Tuesday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Lasagna with Marinara Sauce 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Wednesday, February 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Cheese Quesadilla 2. Hot Dog 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Corn Niblets or Refried Beans Fresh Baby Carrots Fresh Apples & other assorted fruit</p>	<p>Thursday, February 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> 1. Sesame Peach Chicken Stir-fry with Rice 2. Cheeseburger 3. Yogurt Plate <p><u>Choose up to Three</u></p> <p>Broccoli and Carrots Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p>Friday, February 4</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 Fresh Orange & other assorted fruit</p>

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!