Menu for November 2019

Wildcat Café!

AVAILABLE DAILY!

A la Carte Items

Ultimate Nachos (Grades 5-8) $3.00
Regular Nachos $1.50
Sandwich (Variety) $1.50
Tossed Salad $1.50
Yogurt $1.00
Hot Pretzel $1.00
Fresh Cut Veggie Sticks $.50
Hard Boiled Egg $.50
* selections may vary, available first come, first served

Friday, November 1

ENTRÉE: (VEGETARIAN) Mac and Cheese with Broccoli
DELI: Hamburger/ Cheeseburger with Fries
SIDES: Fruit
BEVERAGE: Water, Juice, or Milk

Friday, November 8

ENTRÉE: Pancakes and Sausage with Yogurt
DELI: Baked Potato with Bacon, Cheese, & Sour Cream, Side Salad
SIDES: Fruit
BEVERAGE: Water, Juice, or Milk

Thursday, November 7

ENTRÉE: Domino’s PIZZA
DELI: Minestrone Soup with Garlic Bread
SIDES: Green Salad, Fruit
BEVERAGE: Water, Juice, or Milk

Wednesday, November 6

“GRAB AND GO” Breakfast
Tuesday Nov. 5
7:45–8:00 am
$ CASH ONLY $
Outside at Drop Off Circle
All items
$0.50 each

Healthy Wildcat Challenge from Mrs. Workman

Colder days are upon us, so make sure you exercise more, continue to eat healthy, and wash your hands a lot!

Fruits and vegetables are plentiful this time of year, so try and eat many different “colors of the rainbow!” Aim for 2-4 servings of fruits and vegetables, depending on your age. (see health.gov/dietaryguidelines/)

What’s in Season for November?

Sweet Potatoes & Celery & Cranberries
- Apples - Potatoes
- Broccoli - Pumpkin
- Mushrooms - Raspberries
- Oranges - Spinach
- Pears - Strawberries
- Peppers - Tangerines
- Plums - Winter Squashes

Visit produceforkids.com for more info & recipes!

How do I pay for School Lunches?

Three EASY & CONVENIENT WAYS:
⇒ Send a check or cash with your child to deposit into their Café account
⇒ Send in cash or check daily
⇒ Set-up a My School Bucks Café Account and make online credit card or ACH draft payments.

Go to www.sjrcs.org and click on the My School Bucks logo to set-up your Café account TODAY!
Café Q&A

What do people eat in other countries around the world?

Last month we introduced Sushi on the menu. Students and staff enjoyed California Roll, Veggie Roll, Pickled Ginger, and Wasabi/Soy Sauce for dipping. Some students tried using chopsticks for the very first time! It was a huge success! You may see it on the menu again soon...

We would like to continue to celebrate other cultures by offering international cuisine selections beginning in January through the school year. We will offer foods from Greece, Japan, Korea, Africa, and more! Talk to your children about other cultures and countries and encourage them to try new foods when they can.

Help us explore the possibilities by sharing your favorite recipes and ideas with us! Email, call, or visit the Wildcat Cafe!

tschwartzbeck@sjrcs.org