

Menu for  
**October 2019**

# Wildcat Café!

## Healthy Wildcat Challenge from Mrs. Workman

Fall is a great time of year to stay active or start becoming more active with your family!

Enjoy the cooler weather and get outside! Go for a brisk walk or run, hike a trail, pick apples and pumpkins, and take in the beauty of the season! Look for ways to be more creative with fall foods and try something new!

Check out [www.produceforkids.com](http://www.produceforkids.com) for more great ideas!



**“GRAB AND GO” Breakfast**  
**Tuesday, Oct 1st**  
**7:45 –8:00 am**  
**\$ CASH ONLY \$**  
**Outside at Drop Off Circle**

**Tuesday, October 1**  
**ENTRÉE: (VEGETARIAN)**  
 Fish Sticks  
**DELI: (Gluten Free Bread available)**  
 Turkey Reuben on Rye  
**SIDES:**  
 Green Salad, Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**Wednesday, October 2**  
**ENTRÉE:**  
 Papa John’s Pizza  
**DELI: (Gluten Free Bread available)**  
 Chicken Salad Croissant  
**SIDES:**  
 Sliced Cucumber, Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**Thursday, October 3**  
**ENTRÉE:**  
 Waffles and Sausage Links  
**DELI:**  
 Butternut Squash Soup with Warm Rolls  
**SIDES:**  
 Yogurt, Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**Friday, October 4**  
**ENTRÉE: (VEGETARIAN and GLUTEN FREE)**  
 Veggie Stir Fry with Rice  
**DELI: (Gluten Free Bun available)**  
 Hamburgers and Cheeseburgers  
**SIDES:**  
 Tater Tots, Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**What’s in Season for October?**

		
<b>Pumpkin</b>	<b>Pears</b>	<b>Apples</b>
- Artichokes - Bell peppers - Blackberries - Broccoli Rabe - Brussels Sprouts - Celery - Corn - Cranberries - Cucumbers - Eggplant	- Grapes - Kiwi - Kumquats - Limes - Melons - Nectarines - Okra - Parsnips - Peaches - Peas	- Plums - Pomegranates - Raspberries - Rutabagas - Strawberries - Summer Squash - Sweet Potatoes - Tomatoes - Winter Squashes - Zucchini

Visit [produceforkids.com](http://produceforkids.com) for more info & recipes!

**Monday, October 7**  
**ENTRÉE: (Gluten Free available)**  
 Spaghetti and Meat Sauce with Garlic Bread  
**DELI: (Gluten Free Bun available)**  
 Hot Dogs and Fries  
**SIDES:**  
 Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**Tuesday, October 8**  
**ENTRÉE:**  
 Steak Quesadilla  
**DELI:**  
 Chicken Parmesan with Noodles  
**SIDES:**  
 Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**Wednesday, October 9**  
**ENTRÉE:**  
 Domino’s Pizza  
**DELI:**  
 Italian Tortilla Wrap with Lettuce & Tomato  
**SIDES:**  
 Fresh Cut Veggies  
**BEVERAGE:**  
 Water, Juice, or Milk

**Thursday, October 10**  
**ENTRÉE:**  
 Cold Cereal Variety (Lucky Charms, Cinn. Toast Crunch, Cheerios, and Frosted Mini Wheats)  
**DELI: (Gluten Free Bread available)**  
 Egg Salad Sandwich with Tortilla Chips  
**SIDES:**  
 Cottage Cheese, Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**Friday, October 11**  
**ENTRÉE:**  
 Vegetarian Chili  
**DELI: (Gluten Free Bun available)**  
 Hamburgers and Cheeseburgers  
**SIDES:**  
 Fries, Fruit  
**BEVERAGE:**  
 Water, Juice, or Milk

**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

Monday, October 14

**ENTRÉE:**  
Chicken Tenders

**DELI:** (Gluten Free Bun available)  
Hot Dogs and Fries

**SIDES:**  
String Cheese, Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Tuesday, October 15

**ENTRÉE:** (Gluten-Free)  
Crunchy Beef Tacos

**DELI:**  
Loaded Baked Potato with Beef Chili

**SIDES:**  
Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Wednesday, October 16

**ENTRÉE:**  
Ledo's Pizza

**DELI:** (VEGETARIAN and DAIRY/GLUTEN FREE)  
Veggie Sushi Roll or California Roll and Green Salad

**SIDES:**  
Baby Carrots, Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Thursday, October 17

Noon  
Dismissal  
Today



Parent-Teacher  
Conferences

Friday, October 18

No  
School  
Today!

# Café Q&A

## What's Cooking in October?

We have added more **Gluten Free and Dairy Free** selections to this month's menu! Many of our menu items are peanut/tree nut free as well. Please contact the cafeteria if you have a question about a specific menu item or if your child is interested in buying lunch!  
tschwartzbeck@sjrcs.org

## October 14-18 is National School Lunch Week

We want to invite all students to enjoy a special treat/sample each day. We will have a table set up in the cafeteria so that students can participate in celebrating with us in the Wildcat Café!

We will be accepting recipe suggestions from students during School Lunch Week as well. The staff will choose **one recipe from each grade** to be featured on a future menu this year!

Get out your cookbooks and submit your child's favorite recipe!

Monday, October 21

**ENTRÉE:**  
Meatloaf and Noodles

**DELI:**  
Hot Dogs and Fries  
(Gluten Free Bun available)

**SIDES:**  
Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Tuesday, October 22

**ENTRÉE:**  
Chicken Patty Sandwich

**DELI:**  
Cornbread Casserole

**SIDES:**  
Steamed Veggies, Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Wednesday, October 23

**ENTRÉE:**  
Vocelli Pizza

**DELI:**  
Chicken Salad  
Croissant

**SIDES:**  
Green Salad, Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Thursday, October 24

**ENTRÉE:** Cold Cereal Variety (Lucky Charms, Cinn. Toast Crunch, Cheerios, and Frosted Mini Wheats)

**DELI:**  
Breakfast Burrito (Egg, sausage, cheese)

**SIDES:**  
Yogurt, Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Friday, October 25

**ENTRÉE:** (VEGETARIAN and GLUTEN FREE)  
Veggie Fried Rice

**DELI:** (Gluten Free Bun available)  
Hamburgers and Cheeseburgers

**SIDES:**  
Fries, Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Monday, October 28

No  
School  
Today!



Tuesday, October 29

**ENTRÉE:**  
Crunchy Beef Tacos

**DELI:** (VEGETARIAN) (Gluten Free Bread available)  
Grilled Cheese and Tomato Soup

**SIDES:**

**BEVERAGE:**  
Water, Juice, or Milk

Wednesday, October 30

**ENTRÉE:**  
Papa John's Pizza

**DELI:** (Gluten Free Bun available, Dairy Free)  
Sloppy Joe on a Bun

**SIDES:**  
Chopped Veggie Salad, Fruit

**BEVERAGE:**  
Water, Juice, or Milk

Thursday, October 31

**ENTRÉE:**  
Ham, Egg, and Cheese Biscuit Sandwich

**DELI:** Baked Potato Soup

**SIDES:**  
Spooky Yogurt, Fruit Parfait

**BEVERAGE:**  
Water, Juice, or Milk



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](http://www.sjrcs.org) and click on the My School Bucks logo to set-up your