

Menu for
September 2019

Wildcat Café!

Healthy Wildcat Challenge from Mrs. Workman

Welcome back! I'm so excited to start this new school year with each of you!

Did you know?

Kids who have healthy eating habits and get plenty of physical activity:

- Are better learners
- Get better grades
- Attend school more often
- Behave better in class

Set goals for your family with the start of the new school year! Start the day off right with a healthy breakfast of whole grains, protein, fruits, and vegetables to help fuel your body and brain. It will help give you energy to make it through each day!



Monday, September 2



Tuesday, September 3

**Welcome
Back!**



**Move-In Day
Grades 1-8**

Wednesday, September 4

ENTRÉE:
Papa John Pizza
Cheese or Pepperoni

DELI:
Minestrone Soup and
Side Salad

SIDES:
Sliced Cucumbers,
Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, September 5

ENTRÉE:
Chicken and Waffles
with Yogurt

DELI:
Turkey Wrap with
Lettuce and Tomato

SIDES:
Broccoli, Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, September 6

ENTRÉE: (Vegetarian,
Gluten-free available)
Spaghetti w/Marinara
& Garlic Bread

DELI:
Hamburger/
Cheeseburger
with Fries

SIDES:
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, September 9

ENTRÉE:
Chicken Tenders

DELI:
Hot Dogs

SIDES:
Fries, Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, September 10

ENTRÉE:
Crunchy Beef Taco
with lettuce, cheese, salsa
and sour cream on the side

DELI: (Gluten-free
available)

BLT Sandwich with
Tortilla Chips

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, September 11

ENTRÉE:
Domino's Pizza
Cheese or Pepperoni
with Side Salad

DELI:
Broccoli Cheese Soup
and Side Salad

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, September 12

ENTRÉE:
Milk and Cereal
Cinn. Toast Crunch, Lucky
Charms, Cheerios, or
Frosted Mini Wheats

DELI: (Gluten-free
available)
Tuna Salad Sandwich
with Tortilla Chips

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, September 13

ENTRÉE: (Vegetarian)
Grilled Cheese and
Tomato Soup

DELI:
Hamburger/
Cheeseburger
with Fries

SIDES:
Fruit

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.sjr.org and click on the My School Bucks logo to set-up your Café account TODAY!



Monday, September 16

ENTRÉE:
Chicken Noodle Soup
with Crackers and
Green Beans

DELI:
Hot Dogs with Fries

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, September 17

ENTRÉE:
Popcorn Chicken with
Onion Rings

DELI:
BBQ Pulled Pork on a
bun with Baked Beans

SIDES:
Steamed Vegetables,
Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, September 18

ENTRÉE:
Ledo's Pizza
Cheese or Pepperoni

DELI:
Corn Chowder with
Warm Rolls

SIDES:
Carrot Sticks, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, September 19

ENTRÉE:
Pancakes and Bacon
with String Cheese

DELI: (Gluten-free
available)
Chicken Salad
Croissant with Tortilla
Chips

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, September 20

Noon
Dismissal
Today



Grandparents
Day!

Monday, September 23

ENTRÉE:
Meat Lasagna with
Garlic Bread

DELI:
Hot Dog with Fries

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, September 24

ENTRÉE:
Crunchy Beef Taco
with lettuce, cheese, salsa
and sour cream on the side

DELI:
Chicken Fettucine
Alfredo with Peas

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, September 25

ENTRÉE:
Vocelli Pizza
Cheese or Pepperoni

DELI:
French Onion Soup
with Garlic Bread

SIDES:
Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, September 26

ENTRÉE:
Ham and Egg English
Muffin

DELI:
Chicken Tenders and
Mashed Potatoes

SIDES:
Broccoli, Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, September 27

ENTRÉE: (Vegetarian)
Mac and Cheese

DELI:
Hamburger/
Cheeseburger

SIDES:
Fries, Fruit

BEVERAGE:
Water, Juice, or Milk

Café Q&A

Are you **READY** to be back?
We are!

*Our staff is eager to see all our students back in
the Wildcat Café this year!*

*On the menu, you will notice several Vegetarian and
Gluten-free options, just like last year. We will be
adding Dairy-free options as the year
progresses. If you have any questions about the nutri-
tion or ingredients of any of our meals, please contact
the Wildcat Café Staff. We work closely with
students, parents, and the School Nurse to maintain
a safe and healthy Lunch Program.*

*Please review the menu with your child (ren) so that
they will know what to expect when buying lunch.*

*The A-la-carte menu is intended to offer
consistent and alternate lunch options to students
who prefer to buy lunch that way. It can also be a
convenient way for students to supplement their lunch
brought from home. Occasionally we will be
able to offer ENTRÉE and DELI selections
A-la-carte on a first come, first served basis.
Students may ask the staff if these selections are
available after all pre-ordered lunches are served.*

**Thank you for supporting the
Wildcat Café this year!**

Monday, September 30

ENTRÉE:
Swedish Meatballs with
Buttered Noodles and
side of Peas

DELI:
Hot Dog with Fries

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Welcome SJRCS Wildcats!

