

Menu for
April 2019

**Wildcat
Café!**

Healthy Wildcat Challenge from Mrs. Poole

With spring time and warmer weather around the corner, mindfulness is going to be your goal for April.

Can you go on a walk and listen to the birds?

Can you stop and smell the roses?

Do you think you can unplug for an hour or two and enjoy a conversation with your parents/sibling or grandparents?



Monday, April 1
ENTRÉE: Chicken Shish Kabob
DELI: Hot Dog
SIDES: Fries, Fruit
BEVERAGE: Water, Juice, or Milk

Tuesday, April 2
ENTRÉE: Beef Crunchy Taco
DELI: Macaroni and Cheese and Green Beans
SIDES: Fruit
BEVERAGE: Water, Juice, or Milk

Wednesday, April 3
ENTRÉE: Ledo's Pizza and Onion Rings
DELI: Gluten and Dairy Free Chicken Lettuce Wraps
SIDES: Fruit
BEVERAGE: Water, Juice, or Milk

Thursday, April 4
ENTRÉE: Cereal and Milk
DELI: Hamburger or Cheeseburger
SIDES: Raw Veggies, Hash Browns, Fruit
BEVERAGE: Water, Juice, or Milk

Friday, April 5
ENTRÉE: Vegetarian Fettucine Alfredo
DELI: Vegetarian Fish Sticks and Garlic Bread
SIDES: Broccoli, 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, April 8
ENTRÉE: Lasagna and Garlic Bread
DELI: Hot Dog and Fries
SIDES: String Cheese and Fruit
BEVERAGE: Water, Juice, or Milk

Tuesday, April 9
Grab & Go Breakfast 7:45am
ENTRÉE: Chicken Quesadilla
DELI: Pork Soft Tacos
SIDES: Fruit
BEVERAGE: Water, Juice, or Milk

Wednesday, April 10
ENTRÉE: Domino's Pizza and Green Salad
DELI: Guacamole Chicken Quinoa
SIDES: Fruit
BEVERAGE: Water, Juice, or Milk

Thursday, April 11
ENTRÉE: Chicken and Waffles
DELI: (NONE)
SIDES: Yogurt and Fruit
BEVERAGE: Water, Juice, or Milk

Friday, April 12
ENTRÉE: Vegetarian and Gluten Free Fried Rice
DELI: Pasta Primavera Vegetarian
SIDES: Cheese Cubes, 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!

<p>Monday, April 15</p> <p>ENTRÉE: Lemon Chicken with Rice</p> <p>DELI: Hamburgers and Cheeseburgers with Fries</p> <p>SIDES: Spinach, Fruit</p> <p>BEVERAGE: Water, Juice, or Milk</p>	<p>Tuesday, April 16</p> <p>ENTRÉE: Crunchy Steak Taco</p> <p>DELI: Cereal (variety) and milk, with Home Fries</p> <p>SIDES: Carrot Sticks, Fruit</p> <p>BEVERAGE: Water, Juice, or Milk</p>	<p>Wednesday, April 17</p> <p>ENTRÉE: Papa John's Pizza</p> <p>DELI: Gluten and Dairy Free Spaghetti and Meatballs</p> <p>SIDES: Green Salad, Fruit</p> <p>BEVERAGE: Water, Juice, or Milk</p>	<p>Thursday, April 18</p> <p>NOON DISMISSAL TODAY!</p> <p>EASTER BREAK Begins at NOON on Thursday, April 18</p> 	<p>Friday, April 19</p>
<p>Monday, April 22</p>	<p>Tuesday, April 23</p>	<p>Wednesday, April 24</p>	<p>Thursday, April 25</p>	<p>Friday, April 26</p>
<p>EASTER BREAK Break begins at NOON on: Thursday, April 18th Classes resume: Monday, April 29</p> 				
<p>Monday, April 29</p> <p>ENTRÉE: Pesto Chicken with Fettuccine Noodles</p> <p>DELI: Hot Dog with Fries</p> <p>SIDES: String Cheese, Fruit</p> <p>BEVERAGE: Water, Juice, or Milk</p>	<p>Tuesday, April 30</p> <p>ENTRÉE: Chicken Enchilada</p> <p>DELI: Cereal (variety) and milk</p> <p>SIDES: Hash Browns, Fruit</p> <p>BEVERAGE: Water, Juice, or Milk</p>	<p>“GRAB AND GO” Breakfast 7:45 –8:00 am Tuesday, April 9th Outside at the Drop Off Circle \$\$ CASH ONLY \$\$ 50 cents each</p> <ul style="list-style-type: none"> Milk OJ Granola Bars /Yogurt Pastries/Donuts Muffins Fresh Fruit 		

Café Q&A

What's new on the Spring Menu???

Fresh Vegetables, Cereals, Gluten Free, Dairy Free, and Vegetarian selections

Some people have allergies or sensitivities to certain foods. We all may benefit from eating Gluten Free, Dairy Free, and Vegetarian foods. Try out some of these choices this month!

What is Gluten?

Gluten is a family of proteins found in grains like wheat, rye, spelt and barley. Non-gluten grains include amaranth, buckwheat, rice (brown, white, wild), millet, and quinoa.

While there is nothing wrong with eating gluten, dairy, and meat, adding a variety of food choices to your diet may have additional health benefits for many people.

