

Menu for
February 2019

**Wildcat
Café!**

Healthy Wildcat Challenge from Mrs. Poole



Be smart for your heart!

Valentine's Day is right around the corner...

Let's talk about making healthy choices to keep your heart strong! Our heart is a very important muscle that sends blood throughout your entire body bringing nutrients and oxygen to the very tips of our fingers and toes. The best way to exercise your heart is to make healthy food choices and healthy fitness choices. For your Challenge this month, you are to pick 1 nutrition choice and 1 fitness choice (choices are listed on the worksheet) each day for a total of 20 out of 30 days.

Please see your Google Classroom (Healthy Wildcat Challenge – February 2019) or Mrs. Poole for more info!



Winter
is here!

And according to the Farmers' Almanac's famous long-range weather outlook, it's going to be a "teeth-chattering" cold one, with plenty of snow.



Friday, February 1

ENTRÉE:
Papa Johns Pizza

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, February 4

ENTRÉE:
Chicken Alfredo

DELI:
Hot Dogs with Fries

SIDES:
Green Beans, Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, February 5

**Student
Appreciation
Day!**

*Rescheduled from
January 29th*

Chick-fil-A served with
potato chips, cookies,
fruit, and water

**Celebrating Catholic
Schools Week!**

Wednesday, February 6

ENTRÉE:
Ledo's Pizza

DELI:
Hamburger or
Cheeseburger with
Fries

SIDES:
Green Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, February 7

ENTRÉE:
Waffles with Bacon,
Yogurt, and Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, February 8

ENTRÉE:
Spaghetti with
Marinara Sauce

DELI:
Hot Dogs with Fries

SIDES:
Buttered Carrots, 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, February 11

ENTRÉE:
Meatloaf and Rice

DELI:
Hot Dogs with Fries

SIDES:
Peas, Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, February 12

ENTRÉE:
Chicken Soft Taco

DELI:
Creamy Baked Potato
Soup and crackers

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, February 13

ENTRÉE:
Dominos Pizza

DELI:
Breaded Chicken Patty
Sandwich

SIDES:
Buttered Corn, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, February 14

ENTRÉE:
French Toast, Sausage,
Yogurt, and Fruit

BEVERAGE:
Water, Juice, or Milk

Happy
Valentine's Day !



Friday, February 15

ENTRÉE:
Macaroni and Cheese

DELI:
Hot Dogs with Fries

SIDES:
Broccoli, Fruit

BEVERAGE:
Water, Juice, or Milk

Monday, February 18

NO SCHOOL
TODAY!



Tuesday, February 19

ENTRÉE:
Chicken and Cheese
Quesadilla

DELI:
Sloppy Joe

SIDES:
Steamed Vegetables,
Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, February 20

ENTRÉE:
Papa Johns Pizza

DELI:
Cornbread Chicken
Casserole

SIDES:
Green Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, February 21

ENTRÉE:
Pancakes, Bacon,
Yogurt, and Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, February 22

ENTRÉE:
Fish Sticks

DELI:
Hot Dogs with Fries

SIDES:
Green Beans, String
Cheese, Fruit

BEVERAGE:
Water, Juice, or Milk

Monday, February 25

ENTRÉE:
Lasagna with Garlic
Bread

DELI:
Hot Dogs with Fries

SIDES:
Buttered Corn, Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, February 26

ENTRÉE:
Steak Soft Taco

DELI:
Broccoli Cheese Soup
with Warm Rolls

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, February 27

ENTRÉE:
Dominos Pizza

DELI:
Chicken Tenders with
Cubed Cheese

SIDES:
Steamed Vegetables,
Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, February 28

ENTRÉE:
Ham, Egg and Cheese
Bagel with Yogurt

DELI:
Swedish Meatballs with
Peas and Buttered
Noodles

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, February 28

Riddle
Me
This??

Which month has
28 days?



BrainFans.com

Café Q&A

What can we do to promote
Heart Healthy food choices?

February is
American Heart Month



Exercise, manage stress, monitor
blood pressure and eat healthy
foods!

Reduce or eliminate fried and fatty
foods, sugars, and salt.

Avoid fast food and processed food,
vegetable oils,

Eat more fresh fruits & vegetables,
use olive oil or coconut oil, and drink
plenty of water!

After school,
wear RED on the First Friday of
February to bring awareness to
Heart Health!