

### 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!



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

| Iltimate Nachos (Grades 5-8) | \$3.00 |
|------------------------------|--------|
| Regular Nachos               | \$1.50 |
| Sandwich (Variety)           | \$1.50 |
| Fossed Salad                 | \$1.50 |
| ogurt /                      | \$1.00 |
| Hot Pretzel                  | \$1.00 |
| resh 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

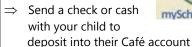
DELI: Hot Dogs with Fries

SIDES: Buttered Carrots, Fruit

BEVERAGE: Water, Juice, or Milk

## How do I pay for School Lunches?

Three EASY & CONVENIENT WAYS:



⇒ Send 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!



#### 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

## 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!

#### 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

# Riddle Me This??

Which month has 28 days?

