

Menu for  
**January 2019**  
**Wildcat Café!**

## Healthy Wildcat Challenge from Mrs. Poole

Let the good times ROLL!



For your January challenge, you will need a set of dice to ROLL in the New Year! In participating in this challenge, you will be learning about 3 (out of the 5) components of fitness: cardiovascular endurance, muscular strength and muscular endurance.

Roll the dice and add them together. The sum of the dice will tell you what exercise to complete and for how long or how many repetitions. Can you do more? Can you push yourself for even longer? Add another component of fitness – flexibility – and stretch after your workout is complete!

Learning to be fit while having fun is so important!

Monday, December 31

**NO SCHOOL TODAY!**



Tuesday, January 1

Wednesday, January 2

**ENTRÉE:**  
 Dominos Pizza

**DELI:**  
 Pork and Veggie Stir Fry with Rice

**SIDES:**  
 Broccoli, Fruit

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

Thursday, January 3

**ENTRÉE:**  
 Pancakes with Bacon and Yogurt

**DELI:**  
 Baked Potato Soup (with Cheese & Bacon)

**SIDES:**  
 Carrot Sticks, Jello Fruit Salad

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

Friday, January 4

**ENTRÉE:**  
 Macaroni and Cheese

**DELI:**  
 Hot Dogs and Fries

**SIDES:**  
 Asparagus, 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, January 7

**ENTRÉE:**  
 Chicken Tenders

**DELI:**  
 Hot Dogs

**SIDES:**  
 Fries, Green Salad

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

Tuesday, January 8

**ENTRÉE:**  
 Crunchy Beef Tacos

**DELI:**  
 Orange Chicken and Fried Rice

**SIDES:**  
 String Cheese, Fruit

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

Wednesday, January 9

**ENTRÉE:**  
 Papa John's Pizza served with Zucchini Parmesan Sticks

**DELI:**  
 Chicken Enchiladas in Corn Tortilla

**SIDES:** Assorted Fruit

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

Thursday, January 10

**ENTRÉE:**  
 Egg, Cheese, Canadian Bacon Breakfast Sandwich with a Yogurt/Fruit Parfait

**DELI:**  
 Tomato Soup with Open Faced Cheese Sandwich, and Green Salad

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

Friday, January 11

**ENTRÉE:**  
 Manicotti with Marinara

**DELI:**  
 Hot Dogs

**SIDES:**  
 Tater Tots, Citrus Green Salad

**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](http://www.sjr.org) and click on the My School Bucks logo to set-up your Café account TODAY!**

Monday, January 14

**ENTRÉE:**  
Hamburgers and Cheeseburgers

**DELI:**  
Hot Dogs

**SIDES:**  
Broccoli, Fries, Fruit

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

Tuesday, January 15

**ENTRÉE:**  
Cheese Quesadilla

**DELI:**  
Chicken Nuggets

**SIDES:**  
String Cheese, Green Beans, Fruit

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

Wednesday, January 16

**ENTRÉE:**  
Ledo's Pizza

**DELI:**  
Tofu Scramble

**SIDES:**  
Spinach Salad with Bacon Dressing, Cheese Cubes, Fruit

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

Thursday, January 17

**ENTRÉE:**  
Waffles and Sausage/  
Potato Hash Browns

**DELI:**  
Corn Chowder with warm rolls

**SIDES:**  
Broccoli, Yogurt, Fruit

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

Friday, January 18

**ENTRÉE:**  
Minestrone Soup with warm rolls

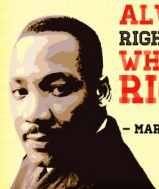
**DELI:**  
Hot Dogs with Fries

**SIDES:**  
Assorted Fruit

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

Monday, January 21

**NO SCHOOL TODAY!**  
Martin Luther King, Jr. Day



**"THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT."**  
- MARTIN LUTHER KING, JR.

Tuesday, January 22

**ENTRÉE:**  
Pork Carnitas Tacos

**DELI:**  
Beef Stew with Root Vegetables

**SIDES:**  
Cottage Cheese, Fruit

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

Wednesday, January 23

**ENTRÉE:**  
Dominos Pizza

**DELI:**  
Beef Chili with warm rolls

**SIDES:**  
Mediterranean Quinoa Salad, Yogurt, Fruit

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

Thursday, January 24

**ENTRÉE:**  
Fried Eggs and Toast

**DELI:** Steak Sub with Sautéed onions and peppers

**SIDES:**  
Yogurt and Fruit

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

Friday, January 25

**ENTRÉE:**  
Tomato and Crab Bisque with warm rolls

**DELI:**  
Hot Dogs and Fries

**SIDES:**  
String Cheese, Fruit

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

Monday, January 28

**ENTRÉE:**  
Spaghetti and Meatballs served with Garlic Breadsticks

**DELI:**  
Hot Dogs with Fries

**SIDES:**  
Broccoli, Fruit

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

Tuesday, January 29

**ENTRÉE:**  
Chicken Taquitos with Corn

**DELI:**  
Shepherd's Pie

**SIDES:**  
Cheese, Fruit

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

Wednesday, January 30

**ENTRÉE:**  
Papa John Pizza

**DELI:**  
Chicken Noodle Soup with Garlic Breadsticks

**SIDES:**  
Green Salad, Fruit

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

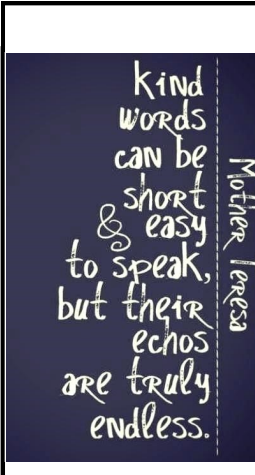
Thursday, January 31

**ENTRÉE:**  
Sausage, Egg, and Cheese Baked Casserole

**DELI:**  
Chicken Tenders

**SIDES:**  
Buttered Carrots, Fruit

**BEVERAGE:**  
Water, Juice, Milk



Kind words can be short & easy to speak, but their echos are truly endless.

Mother Teresa

# Café Q&A

## What's New in 2019?

### Look for:

**New Salads** containing juicy and sweet Winter Citrus including Clementines, Grapefruit, Lemons, and Limes.

“From-Scratch” Selections using **Root Vegetables** like Turnip, Parsnip, Rutabaga, and Sweet Potato.

For added flavor and nutrition try **Turmeric** for a natural mood lift! **Paprika and Ginger** provide healthy antioxidants.

Spice up your food and immune health using **Cayenne Pepper, Cinnamon, Clove, Oregano, Rosemary, and Thyme.**

We will continue offering **vegetarian** options on Fridays.

When available, we will have **Hot Chocolate with Marshmallows** to warm your chilly bellies!

