

Menu for
March 2018
**Wildcat
 Café!**

Healthy Wildcat Challenge

from Mrs. Poole

Build a Better Breakfast

It is often said that breakfast is the most important meal of the day. By eating breakfast, we put 'fuel' in our 'tank' to get us up and running.



Your challenge for March is to Build a Better Breakfast – if you don't already eat breakfast, can you think of ways you can sneak in a morning munchie? If you are a 'dashboard diner' – can you find a 'grab 'n go' option that will fill you up and keep you going? If you already eat breakfast, what is a small change you can make to make it healthier or more filling? Please check your Google Classroom or online Friday Folder for the March Healthy Wildcat Challenge and more resources!



AVAILABLE DAILY !

A LA CARTE ITEMS

Ultimate Nachos (except Fridays in Lent)	\$3.00
Regular Nachos	\$1.50
P B & J Sandwich	\$1.50
Cheese Sandwich	\$1.50
Deli Sandwich	\$1.50
Tossed Salad	\$1.50
Yogurt	\$1.00
Fresh Cut Veggie Sticks	\$.50
Hard Boiled Egg	\$.50
French Fries	\$1.00
<i>(only when offered on the regular menu that day)</i>	

St. Patrick's Day
 is March 17th!



Thursday, March 1

ENTRÉE:
 Swedish Meatballs
 with noodles served
 with a green salad, and
 fruit

DELI:
 Pasta E Faggioli Soup
 served with a green
 salad, warm roll, and
 fruit

Friday, March 2

ENTRÉE:
VEGETARIAN
 Pancakes served with
 yogurt, and fruit

DELI:
VEGETARIAN
 Grilled Portabella,
 Mozzarella and Basil
 Sandwich served with
 onion rings, and fruit

**...NO ULTIMATE
 NACHOS TODAY...**



Monday, March 5

ENTRÉE
VEGETARIAN
 French Onion Soup
 served with buttered
 carrots, warm roll, and
 fruit
DELI:
 Hamburger or
 Cheeseburger...
 OR
 Hot Dog...
 ...served with fries, and
 fruit

Tuesday, March 6

TACO TUESDAY!!
ENTRÉE:
 Crunchy Beef Tacos
 served with lettuce,
 tomato, salsa, cheese,
 and sour cream with a
 choice of fruit
DELI:
VEGETARIAN
 Broccoli Cheddar Soup
 served with a warm
 roll, and fruit

Wednesday, March 7

ENTRÉE:
 Pizza
 (Cheese
 or
 Sausage)

 served with a green
 salad, and fruit
DELI: VEGETARIAN
 Fried Tofu Teriyaki
 served with steamed
 veggies, white rice,
 and fruit

Thursday, March 8

ENTRÉE:
 Steak and Cheese Sub
 with sautéed onions
 and peppers, french
 fries, and fruit
DELI:
 Chicken Salad
 Croissant served with
 a green salad, and fruit

Friday, March 9

**NOON
 DISMISSAL
 TODAY!**




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, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
ENTRÉE: Spaghetti with meat sauce served with garlic bread, and fruit DELI: Hamburger or Cheeseburger... OR Hot Dog... ...served with fries, and fruit	ENTRÉE: Turkey Reuben with Cheese on Rye served with lettuce & tomato, chips, and fruit DELI: Popcorn Chicken served with potatoes, a green salad, and fruit	ENTRÉE: PIZZA (Cheese or Pepperoni) served with green salad, and fruit DELI: Chicken Fettuccine Alfredo served with peas, and fruit	ENTRÉE: Lasagna served with green beans, and fruit DELI: Chicken Salad Croissant served with balsamic tomato and mozzarella, and fruit St. Patrick's Day Special: <i>Bangers and Mash served with buttered carrots, & fruit</i>	ENTRÉE: VEGETARIAN Fish Sticks served with french fries, and fruit DELI: VEGETARIAN Grilled Cheese and Tomato Soup served with french fries, and fruit ***NO ULTIMATE NACHOS TODAY***
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
ENTRÉE: Chicken Curry served with white rice, steamed vegetables, and fruit DELI: Hamburger or Cheeseburger... OR Hot Dog... ...served with fries, and fruit	ENTRÉE: Chicken Tenders served with green Salad, and fruit DELI: Steak and Cheese Quesadilla served with onion rings, and fruit	ENTRÉE: PIZZA (Cheese or Onion, Green Peppers, & Mushroom) served with veggie salad, and fruit DELI: Meatloaf served with mashed potatoes, Carrots, and fruit	ENTRÉE: Pulled Pork BBQ Sandwich served with coleslaw, string cheese, and fruit DELI: VEGETARIAN Macaroni and Cheese served with broccoli, and fruit	ENTRÉE: VEGETARIAN Waffles served with fried potatoes, yogurt, and fruit DELI: VEGETARIAN Bean, Cheese, and Rice Burrito served with carrots, and fruit ***NO ULTIMATE NACHOS TODAY***
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
ENTRÉE: VEGETARIAN Corn Chowder Soup served with cheese bread, and fruit DELI: Hamburger or Cheeseburger... OR Hot Dog... ...served with fries, and fruit	ENTRÉE: PIZZA (Cheese or Black Olive and Feta) served with green salad, and fruit DELI: Sloppy Joe on a Bun served with a green salad, and fruit	NOON DISMISSAL TODAY!		
<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <h2 style="color: purple;">EASTER BREAK</h2> <p>Break begins at noon on: <b style="color: pink;">Wednesday, March 28</p> <p>Classes resume: <b style="color: green;">Monday, April 9</p> </div> </div>				

Café Q&A

WHAT HAPPENS IF MY CHILD DOES NOT WANT TO BUY THE ENTRÉE OR DELI ITEMS ON THE MENU?

There are alternative healthy options on the a' la carte menu. They are available every day!

Your child can purchase sandwiches, salads, fruit, vegetables, hard boiled eggs, yogurt, snacks, and drinks to supplement their packed lunch or to create a custom lunch according to their taste.

Many times, we also will offer for sale, as a' la carte items, the "sides" given with the FULL LUNCH.

Send a note in to your homeroom or have your child talk to their homeroom aide to notify us that they are interested in ordering a' la carte items instead of a FULL LUNCH.

Have a Wonderful Easter!

