

Menu for  
May 2018

# Wildcat Café!

## Healthy Wildcat Challenge from Mrs. Poole



Hey there Healthy Wildcats! Your last Challenge for the 2017-2018 is to **STAY HYDRATED...**

Let's Think Your Drink! Water is your best 'go to' to quench your thirst. Drinking enough water has lots of benefits, such as energizing your muscles and keeping your skin looking fresh. If you aren't a fan of plain water, you can zip it up with seltzer water or by adding a slice of lemon, orange, or lime. Low-fat and fat-free milk are also great options, but it is best to save the sodas, energy drinks, and sports drinks for 'once in a while' or when they are warranted.

Please be sure to check out this month's Healthy Wildcat Challenge in your Google Classroom or the online Friday Folder for more information!

Recycling is  
Everybody's  
Responsibility.  
Recycle  
Your  
Water  
Bottles!



Tuesday, May 1

**ENTRÉE:**  
Crunchy Beef Tacos  
served with steamed  
veggies, and fruit

**DELI:**  
Macaroni and Cheese  
served with steamed  
broccoli, and fruit

Wednesday, May 2

**ENTRÉE:**  
Pizza  
Cheese or  
Pepperoni  
served  
with steamed veggies,  
and fruit



**DELI:**  
Egg Salad  
Served with green  
salad, and fruit

Thursday, May 3

**ENTRÉE:** Vegetarian  
Baked Ziti served with  
garlic bread sticks and  
fruit

**DELI:**  
Chicken Salad Crois-  
sant served with green  
salad and fruit

Friday, May 4

**NO  
SCHOOL  
TODAY!**

**AVAILABLE DAILY !**

### A LA CARTE ITEMS

Ultimate Nachos	\$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  
*(only when offered on the regular menu that day)*

Monday, May 7

**ENTRÉE:**  
Steak Fajita on warm  
flour tortilla, served  
with sautéed onions &  
peppers, and a side of  
fruit

**DELI:**  
Hamburger or  
Cheeseburger  
OR  
Hot Dog on Bun ...  
...Served with fries,  
and fruit

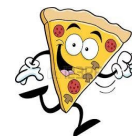
Tuesday, May 8

**ENTRÉE:**  
Chicken Soft Tacos  
served with steamed  
veggies, and fruit

**DELI:**  
Grilled Cheese and  
Ham served with  
balsamic tomato  
slices, and fruit

Wednesday, May 9

**Pizza**  
Cheese or  
Sausage  
served  
with  
green  
salad, and fruit



**DELI:**  
Hot Ham and Swiss  
Bagel served with  
steamed veggies, and  
fruit

Thursday, May 10

**ENTRÉE:**  
Teriyaki Pork  
Tenderloin served with  
white rice, carrot  
sticks, and fruit

**DELI:**  
Chicken Salad  
Croissant served with  
green salad, and fruit

Friday, May 11

**ENTRÉE:**  
Lasagna served with  
warm rolls, and fruit

**DELI:**  
Hamburger or  
Cheeseburger  
OR  
Hot Dog on Bun ...

...Served with fries,  
and fruit

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, May 14**

**ENTRÉE:**  
Turkey Reuben on Rye served with sauerkraut, and fruit

**DELI:**  
Hamburger or Cheeseburger  
OR  
Hot Dog on Bun ...

...Served with fries, and fruit

**Tuesday, May 15**

**ENTRÉE:**  
Crunchy Beef Tacos served with cucumber slices, and fruit

**DELI:**  
Grilled Chicken Sandwich served with green salad, and fruit

**Wednesday, May 16**

**ENTRÉE:**  
PIZZA  
Cheese or Mushroom served with green salad, and fruit



**DELI:**  
Roast Beef Panini served with green salad, and fruit

**Thursday, May 17**

**ENTRÉE:**  
Pancakes served with sausage, yogurt, and fruit

**DELI:**  
Chicken Salad  
Croissant served with pasta salad, and fruit

**Friday, May 18**

**ENTRÉE:** Vegetarian Tofu Stir Fry served with rice, string cheese, and fruit

**DELI:**  
Hamburger or Cheeseburger  
OR  
Hot Dog on Bun ...

...Served with fries, and fruit

**Monday, May 21**

**ENTRÉE:**  
BBQ Chicken Kabob with potato salad, and fruit

**DELI:**  
Hamburger or Cheeseburger  
OR  
Hot Dog on Bun ...

...Served with fries, and fruit


**Tuesday, May 22**

**ENTRÉE:**  
Steak Soft Tacos served with pasta salad, and fruit

**DELI:**  
BLT on wheat bread with string cheese, and fruit

**Wednesday, May 23**

**ENTRÉE:**  
PIZZA  
Cheese or Hawaiian (ham and pineapple) served with carrot sticks and fruit



**DELI:**  
Egg Salad Sandwich, string cheese, and fruit

**Thursday, May 24**

**ENTRÉE:**  
French Toast served with yogurt, bacon, and fruit

**DELI:**  
Bacon and Egg English Muffin Sandwich served with yogurt, and fruit

**Friday, May 25**

**NO SCHOOL TODAY!**



**Monday, May 28**

**NO SCHOOL TODAY!**



**MEMORIAL DAY**


**Tuesday, May 29**

**ENTRÉE:**  
Crunchy Beef Taco served with steamed veggies, and fruit

**DELI:**  
Chicken Tenders with fried potatoes, and fruit

**Wednesday, May 30**

**ENTRÉE:**  
PIZZA  
Cheese or Pepperoni served with green salad, and fruit



**DELI:**  
Egg Salad Sandwich, string cheese, and fruit

**Thursday, May 31**

**ENTRÉE:**  
Spaghetti with meat sauce served, garlic bread, green salad, and fruit

**DELI:**  
Chicken Salad  
Croissant served with green salad, and fruit



Remember those who served ~ All gave some, some gave all.

# Café Q&A

*What will happen to the money in my child's cafeteria account at the end of the school year?*

*Graduating 8th graders who have NO siblings at SJRCS will receive a refund check from the business office after graduation. Remaining balances for 8th graders with siblings will be transferred to a siblings' account.*

*Returning students with balances will have their balances transferred to their account for the next school year.*

*Negative balances must be paid before the last day of school. **Students will not receive their report cards if they owe any money to the cafeteria.***

*Only 5 more lunches in June! Thank you for your patronage, comments, and suggestions this year!*

*We have enjoyed serving your children this year! Tanya, Dee, Karan, Veronica, and Nick*