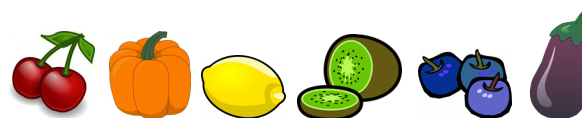


Menu for
May 2019

**Wildcat
Café!**

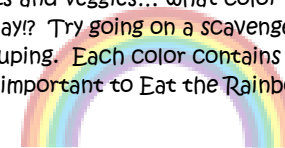
Healthy Wildcat Challenge from Mrs. Poole



Fruits and veggies are your focus for May!

Can you eat a rainbow? Can you maybe grow a rainbow? Think about all your favorite fruits and veggies... what color grouping do they belong to? Do you think you could eat all the colors of the rainbow in 1 day!? Try going on a scavenger hunt at the grocery store and see how many vegetables and fruits you can find in each color grouping. Each color contains different vitamins and minerals that are important for us stay healthy. That is why it is so important to Eat the Rainbow!

This month your challenge is to do just that... Eat the Rainbow!



“GRAB AND GO” Breakfast

7:45 –8:00 am

Tuesday, May 7th

Outside at the Drop Off Circle

\$\$ CASH ONLY \$\$

50 cents each

Milk /Water/OJ
Granola Bars /Yogurt
Pastries/Donuts
Muffins
Fresh Fruit

Wednesday, May 1

ENTRÉE:
Ledo's Pizza

DELI:
Broccoli Cheese Soup
and Warm Roll

SIDES:
Pasta Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, May 2

ENTRÉE:
Pancakes and Bacon

DELI: (none)

SIDES:
Hash Browns, Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, May 3

ENTRÉE: (Vegetarian)
Summer Italian Pasta
Salad

DELI:
Hamburgers and
Cheeseburgers

SIDES:
Fries, 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, May 6

ENTRÉE:
Meatloaf and Mashed
Potatoes

DELI:
Hot Dogs and Fries

SIDES:
Tossed Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, May 7

**Grab & Go
Breakfast 7:45am**

ENTRÉE: (Gluten Free)
Crunchy Beef Taco

DELI:
Turkey Sandwich Wrap

SIDES:
Tortilla Chips, Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, May 8

ENTRÉE:
Domino's Pizza

DELI: (Gluten Free)
Chicken Stir Fry with
Rice

SIDES:
Tossed Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, May 9

ENTRÉE:
French Toast and
Sausage Links

DELI: (none)

SIDES:
Tater Tots, Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, May 10

ENTRÉE: (Vegetarian)
Macaroni and Cheese

DELI:
Chicken Tenders

SIDES:
Fries, 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, May 13

ENTRÉE:
Spaghetti and Meat Sauce with Garlic Bread

DELI:
Hot Dog and Fries

SIDES:
Tossed Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, May 14

ENTRÉE:
Chicken Soft Taco

DELI:
Ham and Cheese Melt on Rye or Wheat Bread

SIDES:
Broccoli, Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, May 15

ENTRÉE:
Papa John's Pizza

DELI:
Italian Sandwich Wrap

SIDES:
Mediterranean Pasta Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, May 16

ENTRÉE:
Cold Cereal Variety

DELI:
Chicken Patty on a Bun

SIDES:
Raw Veggies, Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, May 17

ENTRÉE: (Vegetarian)
Fish Filet Sandwich

DELI:
Hamburgers and Cheeseburgers

SIDES:
Fries, Fruit

BEVERAGE:
Water, Juice, or Milk

Monday, May 20

ENTRÉE:
Lasagna and Garlic Bread

DELI:
Hot Dog and Fries

SIDES:
Fruit

BEVERAGE:
Water, Juice, or Milk

Tuesday, May 21

ENTRÉE:
Beef Crunchy Taco

DELI:
Tomato Soup and Grilled Cheese Sandwich

SIDES:
Steamed Veggies, Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, May 22

ENTRÉE:
Ledo's Pizza

DELI:
Fettucine Alfredo

SIDES:
Tossed Salad, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, May 23

ENTRÉE:
Fried Eggs and Hash Browns

DELI:
Cold Cereal Variety

SIDES:
Yogurt, Fruit

BEVERAGE:
Water, Juice, or Milk

Friday, May 24

NO SCHOOL TODAY!



Monday, May 27

NO SCHOOL TODAY!



MEMORIAL DAY

Tuesday, May 28

ENTRÉE:
Chicken Crunchy Taco

DELI:
Turkey Reuben on Rye

SIDES:
Steamed Veggies, Fruit

BEVERAGE:
Water, Juice, or Milk

Wednesday, May 29

ENTRÉE:
Domino's Pizza

DELI:
Swedish Meatballs and Noodles

SIDES:
Steamed Veggies, Fruit

BEVERAGE:
Water, Juice, or Milk

Thursday, May 30

ENTRÉE:
Chicken Tenders


DELI:
Hamburgers and Cheeseburgers

SIDES:
Fries, Fruit


BEVERAGE:
Water, Juice, or Milk

Friday, May 31

Noon Dismissal Today



8th Grade Graduation!



Café Q&A

What's on the Menu for Spring and Summer? Lighter Fare...

Take advantage of garden vegetables to create hot and cold sandwiches, salads, and pasta dishes. Early crops include Root Vegetables, Snow Peas, Lettuce, Kale, Radish, and Broccoli.

What is offered in a Field Trip Brown Bag Lunch?

- Ham or PBJ sandwich (we can make Jelly only or PB only, too)
- Potato Chips, Pretzels, or Cheetos
- Chocolate Chip Cookies or Peanut Butter Crackers
- All lunches include 8 oz. water bottle and fruit.

Orders are due with the permission slip and may be paid with cash, check, or on account. The price is \$3.50

Lunches will be delivered to your child's classroom the morning of the Field Trip.

MEMORIAL DAY...

...IS THE DAY THAT'S SET ASIDE TO REMEMBER WITH GRATITUDE AND PRIDE ALL THOSE WHO SERVED AND DIED FOR OUR COUNTRY AND OUR FREEDOM.

MAY YOUR DAY BE FILLED WITH MEMORIES AND PEACE.

GOD BLESS AMERICA



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