

Menu for

November 2017

# Wildcat Café!

## Healthy Wildcat Challenge from Mrs. Poole



### MyPlate is YOUR plate!

Five food groups make up MyPlate: Grains, Fruits, Veggies, Protein, and Dairy. Your challenge this month is to make YOUR plate look like MyPlate at your meals. OK, so maybe you won't eat veggies for breakfast – how about have more fruit? Variety keeps things interesting – how many different kinds of fruits or veggies can you try? Maybe you can pick a new food to try each week? Your Healthy Wildcat Challenge this month is to try and eat from each of the 5 food groups at your meals. Don't forget – snacks will help you meet your goal!

Be sure to check out your [Google Classroom](#) for more detailed information.



Wednesday, November 1

**ENTRÉE:**  
Pizza  
with Pasta  
Salad, and  
peaches



**DELI:**  
Egg Salad on wheat  
bread with carrot sticks,  
and mango slices

Thursday, November 2

**ENTRÉE:**  
Chicken Tenders with  
string cheese, broccoli,  
and oranges

**DELI:**  
Chicken Salad Croissant  
with cucumber slices,  
and peaches

Friday, November 3

**ENTRÉE:**  
Roast Beef Sandwich  
with Onion Rings, and  
apples

**DELI:**  
Hamburger or  
Cheeseburger

OR

Hot Dog

...served with Fries and  
oranges

### AVAILABLE DAILY !

#### *À 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

Monday, November 6

**ENTRÉE:**  
Baked Chicken Breast  
with mashed potatoes,  
and peas

**DELI:**  
Hamburger or  
Cheeseburger...

OR

Hot Dog...

...served with Fries and  
oranges

Tuesday, November 7

**ENTRÉE:**  
Spaghetti with Meat  
sauce, green beans,  
garlic bread, and apples

**DELI:**  
Ham and Cheese on Rye  
with Bean Soup, and  
oranges

Wednesday, November 8

**ENTRÉE:**  
Pizza  
with  
Pasta  
Salad, and  
peaches



**DELI:**  
Egg Salad on Wheat  
Bread with carrot sticks,  
and oranges

Thursday, November 9

**ENTRÉE:**  
Tomato Soup with Grilled  
Cheese, and apples

**DELI:**  
Chicken Salad Croissant  
with Celery Sticks, and  
apples

Friday, November 10

**ENTRÉE:**  
Macaroni and Cheese  
with a side of broccoli,  
and peaches

**DELI:**  
Hamburger or  
Cheeseburger...

OR

Hot Dog...

...served with Fries and  
apples

### 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, November 13**

**ENTRÉE:**  
Fish Filet Sandwich with Green Salad, and string cheese

**DELI:**  
Hamburger or Cheeseburger...

OR

Hot Dog...


...served with Fries and oranges,

**Tuesday, November 14**

**ENTRÉE:**  
Crunchy Beef Tacos with green salad, and pears

**DELI:**  
Roast Beef Rollup with onion rings, and apples

**Wednesday, November 15**

**ENTRÉE:**  
PIZZA with green salad, and apples 

**DELI:**  
Egg Salad Sandwich with carrot sticks, and pears


**Thursday, November 16**

**ENTRÉE:**  
Lasagna with Garlic Bread, and pears

**DELI:**  
Chicken Salad Croissant with green salad, and apples

**Friday, November 17**

**Noon Dismissal Today!**



# Café Q&A

*What if my child has a negative balance on their account?*

Your child will receive a lunch if they want to order, even if they do not have a positive balance in their café account, or forgot to bring in money for lunch.

You will receive a notice of money due to the cafeteria when your child's balance is more than \$5 in the negative. Please be sure to take care of the outstanding balance by sending in a check or adding funds to your My School Bucks café Account the next day!

The best way to monitor your child's balance and their daily purchases is to set up a My School Bucks account (it's FREE) and set your notification preferences.

You don't have to load money on to their account in order to use the My School Bucks system.

[www.myschoolbucks.com](http://www.myschoolbucks.com)

**Monday, November 20**

**ENTRÉE:**  
Broccoli Cheddar Soup with Ham Sandwich, and oranges

**DELI:**  
Hamburger or Cheeseburger...

OR

Hot Dog...

...served with Fries and applesauce

**Tuesday, November 21**

*Thanksgiving Feast!*

Roast Turkey with gravy, Cornbread Stuffing, Sweet Potatoes, Mashed Potatoes and Green Beans

Pumpkin Pie  
Apple Crisp  
Oatmeal Raisin Cookies

**Wednesday, November 22**

**Thursday, November 23**

**Friday, November 24**

**THANKSGIVING BREAK—NO SCHOOL  
NOVEMBER 22,23 & 24th**



**Monday, November 27**

**ENTRÉE:**  
Turkey Noodle Soup with string cheese, crackers, and pears

**DELI:**  
Hamburger or Cheeseburger...

OR

Hot Dog...


...served with Fries and grapes

**Tuesday, November 28**

**ENTRÉE:**  
Split Pea Soup with 1/2 Ham Sandwich, and grapes

**DELI:**  
Steak and Cheese Sub with green salad, and applesauce

**Wednesday, November 29**

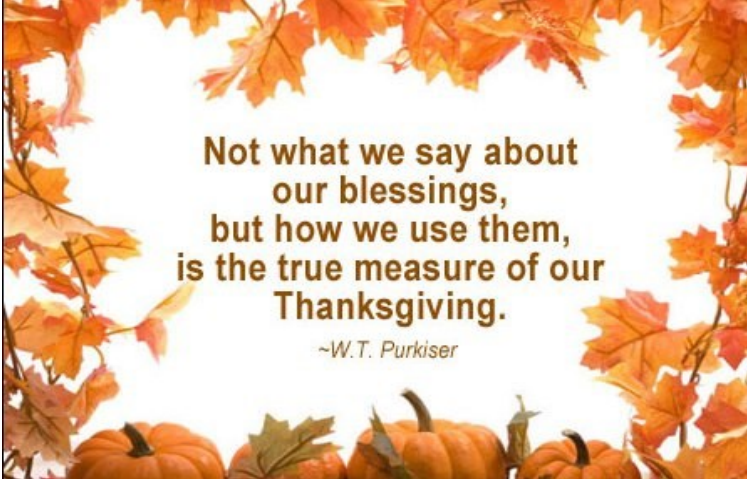
**ENTRÉE:**  
PIZZA with green salad, and apples 

**DELI:**  
Egg Salad Sandwich with carrot sticks, and pears

**Thursday, November 30**

**ENTRÉE:**  
Beef Taco Soup with tortilla chips, and apples

**DELI:**  
Chicken Tenders with green salad, and pears



**Not what we say about our blessings, but how we use them, is the true measure of our Thanksgiving.**

~W.T. Purkiser