

**Menu for
October 2018**

**Wildcat
Café!**

Healthy Wildcat Challenge from Mrs. Poole



It's Trick or Treat, Move Your Feet time!!

Your October challenge is to get moving! Enjoying moving and exercise is so important to creating a habit out of physical activity. Whether it is a team sport, individual sport, or playing a game with friends, moving each and every day is good for your mind and body. If physical activity is enjoyed as a child or young adult, chances are that will carry over into adulthood.

Your challenge for the month of October is to get moving! You are going to pick an exercise from each column to perform each day (that means, 3 exercises each day). Keep moving 20 out of 30 days this month and you will be rewarded with a PBIS cross and Fitness Finder!

Let's move!



Monday, October 1

ENTRÉE:
Hamburger/
Cheeseburger

DELI:
Hot Dog

SIDES:
Fries, Peaches, Sliced
Cucumbers

BEVERAGE:
Water, Juice, or Milk

Tuesday, October 2

ENTRÉE:
Beef Crunchy Taco

DELI:
BBQ Chicken Breast

SIDES:
Potato Salad,
Pineapple

BEVERAGE:
Water, Juice, or Milk

Wednesday, October 3

ENTRÉE:
Dominos Pizza
Cheese or Pepperoni

DELI:
Pulled Pork Sandwich
on a Bun

SIDES:
Spinach, Oranges,
Cottage Cheese

BEVERAGE:
Water, Juice, or Milk

Thursday, October 4

ENTRÉE:
Ham, Egg, and Cheese
English Muffin

DELI:
Potato Casserole

SIDES:
Carrots and Yogurt/
Fruit Parfait

BEVERAGE:
Water, Juice, or Milk

Friday, October 5

ENTRÉE:
Macaroni and Cheese

DELI:
Hot Dog

SIDES:
Broccoli, Fries,
Assorted 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, October 8

ENTRÉE:
Hamburger/
Cheeseburger

DELI:
Hot Dog

SIDES:
Fries, Oranges, String
Cheese

BEVERAGE:
Water, Juice, or Milk

Tuesday, October 9

ENTRÉE:
Chicken Soft Taco

DELI:
Sloppy Joe on a Bun

SIDES:
Apples, Cheese Cubes

BEVERAGE:
Water, Juice, or Milk

Wednesday, October 10

ENTRÉE:
Ledos Pizza
Cheese or Sausage

DELI:
Grilled Cheese Sand-
wich

SIDES:
Broccoli, Pineapple

BEVERAGE:
Water, Juice, or Milk

Thursday, October 11

ENTRÉE:
Waffles

DELI:
Chicken Nuggets

SIDES:
Hash Browns,
Blueberries, Yogurt

BEVERAGE:
Water, Juice, or Milk

Friday, October 12

ENTRÉE:
Hot Dog

DELI:
Vegetarian Spaghetti
with Marinara

SIDES:
Green Salad, Assorted
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.sjrns.org and click on the My School Bucks logo to set-up your Café account TODAY!

Monday, October 15

ENTRÉE:
Hamburger/
Cheeseburger

DELI:
Hot Dog

SIDES:
Fries, Grapes, String
Cheese

BEVERAGE:
Water, Juice, or Milk

Tuesday, October 16

ENTRÉE:
Steak Soft Taco



DELI:
Teriyaki Pork
Tenderloin with Rice

SIDES:
Oranges, Cheese
Cubes

BEVERAGE:
Water, Juice, or Milk

Wednesday, October 17

**Noon
Dismissal
Today!**





Thursday, October 18

**No
School
Today!**

Friday, October 19

**No
School
Today!**




Café Q&A

What is new in October?

*We are now serving Chicken Salad
Croissant and Egg Salad Sandwich on
our A la carte menu daily! These
items will not need to be
pre ordered...just first come,
first served.*

*National School Lunch week is cut
short for us due to Parent/Teacher
Conferences. We will be celebrating
on Monday and Tuesday!*

*Halloween is on a
Wednesday this year!
All students will receive
a special treat available
at the snack table.*



*Thank you to all the volunteers who
have signed up for Lunch and Baking
on Fridays...we really appreciate you!*

Monday, October 22

ENTRÉE:
Hamburger/
Cheeseburger

DELI:
Hot Dog

SIDES:
Fries, Dried Fruit Mix,
String Cheese

BEVERAGE:
Water, Juice, or Milk

Tuesday, October 23

ENTRÉE:
Chicken Crunchy Taco

DELI:
Macaroni and Cheese

SIDES:
Green Beans, Apples

BEVERAGE:
Water, Juice, or Milk

Wednesday, October 24

ENTRÉE:
Papa John Pizza
Cheese or Veggie

DELI:
Hot Steak and Cheese
Sub

SIDES:
Carrot Sticks, Peaches

BEVERAGE:
Water, Juice, or Milk

Thursday, October 25

ENTRÉE:
French Toast and
Bacon

DELI:
Chicken and Scalloped
Potato Casserole

SIDES:
Pineapple, Yogurt

BEVERAGE:
Water, Juice, or Milk

Friday, October 26

ENTRÉE:
Hot Dog

DELI:
Fish Filet on Bun

SIDES:
Tater Nuggets,
Assorted Fruit, String
Cheese

BEVERAGE:
Water, Juice, or Milk

Monday, October 29

**No School
Today!**



Tuesday, October 30

ENTRÉE:
Beef Crunchy Taco

DELI:
Chicken Tenders

SIDES:
Broccoli, Apples

BEVERAGE:
Water, Juice, or Milk

Wednesday, October 31

ENTRÉE:
Pizza Hut Pizza
Cheese or Hawaiian

DELI:
Turkey Reuben on Rye

SIDES:
Peas, Mixed Fruit,
String Cheese

BEVERAGE:
Water, Juice, or Milk

**National School Lunch Week
October 15-19**

Monday and Tuesday we will celebrate **School Lunch Week** with a "Sweet Treat" with every Lunch Purchased :) Also, we will hold a free raffle for **all students**. There will be a winner in each Grade! Each winner will receive a "Free Lunch" coupon good for any lunch this school year!

**Thanks for supporting School Lunch in the
Wildcat Café!**

