

Menu for
October 2017
**Wildcat
 Café!**

Healthy Wildcat Challenge from Mrs. Poole

Q: Why did the students eat their homework? **A:** Because the teacher said that it was a piece of cake.

OK – so Cake wouldn't be the best choice... but there are so many great options to keep your body and brain fueled throughout the day.

S – Sandwich. A ½ of a peanut butter and jelly on whole wheat bread is a great option! Protein (peanut butter) and fiber (100% whole grain bread) helps keep your belly happy and full!

N – Never skip snacks. Snacks are an important part of our day... they help your brain think and your body grow.

A – Adding "dip" to snacks can make them extra yummy... low-fat yogurt and fresh fruit, hummus and carrot sticks, applesauce and graham crackers, salsa and baked tortilla chips, or mustard and pretzels.

C – Cheese. Low-fat cheese and whole grain crackers is a great option... and very car-friendly to enjoy in between sports practices, music lessons, or other after-school activities.

K – Keep pre-cut fruits and veggies handy for easy, grab and go options.



Monday, October 2

ENTRÉE:
 Pulled Pork BBQ
 Sandwich served with
 cole slaw

DELI:
 Hamburger or
 Cheeseburger...

OR

Hot Dog...
 ...served with kiwi, and
 fries

Tuesday, October 3

ENTRÉE:
 Crunchy Beef Tacos with
 cheese served with
 pineapple

DELI:
 Fish Tacos on soft tortilla
 with mango salsa



(Observed)

National Taco Day!

Wednesday, October 4

ENTRÉE:
 Pizza
 with Pasta
 Salad, and
 peaches



DELI:
 Egg Salad Sandwich on
 wheat bread with
 oranges, and carrot
 sticks

National Taco Day!

Thursday, October 5

ENTRÉE:
 Grilled Cheese sandwich
 with oranges, and green
 salad

DELI:
 Chicken Salad on
 Croissant with apple
 crisp, and carrot sticks



**Celebrate National
 Apple Month!**

Friday, October 6

**Noon
 Dismissal
 Today!**



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, October 9

ENTRÉE:
 Macaroni and Cheese
 With peas, and
 applesauce

DELI:
 Hamburger or
 Cheeseburger...

OR

Hot Dog...
 ...served with oranges,
 and fries

Tuesday, October 10

ENTRÉE:
 Baked Ziti with garlic
 bread, and apples

DELI:
 Turkey Reuben on rye
 bread with steamed
 carrots, and grapes

Wednesday, October 11

ENTRÉE:
 Pizza
 with
 Pasta
 Salad, and
 peaches



DELI:
 Egg Salad Sandwich on
 wheat bread with
 applesauce, and
 cucumbers

Thursday, October 12

**Noon
 Dismissal!
 Today!**



Friday, October 13

**No School
 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.sjrns.org and click on the My School Bucks logo to set-up your Café account TODAY!

Monday, October 16

ENTRÉE:
Swedish Meatballs with buttered noodles, green beans, and oranges

DELI:
Hamburger or Cheeseburger...

OR

Hot Dog...

...served with peaches and fries

Tuesday, October 17

ENTRÉE:
Chicken Parmesan on Fettucine with broccoli, and peaches

DELI:
Italian Pasta Salad with salami served with cucumbers, and oranges



National Pasta Day!

Wednesday, October 18

ENTRÉE:
PIZZA with green salad, and apples



DELI:
Egg Salad Sandwich on wheat bread served with peaches, and cucumber slices

Thursday, October 19

ENTRÉE:
Pancakes and Bacon with strawberries

DELI:
Chicken Salad on a Croissant served with peaches, and asparagus

Friday, October 20

ENTRÉE:
Chicken Tenders with steamed broccoli, and pears

DELI:
Hamburger or Cheeseburger...

OR

Hot Dog...

...served with apples, and fries

Café Q&A

Why are there so many "food holidays"?

Industry promotion? Long-standing tradition? Maybe just a fun way to get your kids to eat different foods!

Some food holidays are designated when the government has issued a proclamation or passed a law designating a particular National Food Day. Other food holidays are created through a joint House and Senate resolution and then signed into law by the President of the United States.

October features the following food holidays:

*National Taco Day
National Apple Month
National Pasta Day
National Potato Day
National Caramel Apple Day*

We will be offering some celebrated foods during the month of October!

Monday, October 23



Tuesday, October 24

ENTRÉE:
Pork Stir Fry with Rice, and oranges

DELI:
Chimichanga with tortilla chips, pears, and carrot sticks

Wednesday, October 25

ENTRÉE:
PIZZA with green salad, and pineapple



DELI:
Egg Salad Sandwich on wheat bread served with celery sticks, and oranges

Thursday, October 26

ENTRÉE:
Ham and Cheese Melt with brussels sprouts, and oranges

DELI:
Chicken Salad on a Croissant with green salad, and pineapple,

Friday, October 27

ENTRÉE:
Baked Potato with cheese, sour cream, steamed broccoli, and oranges

DELI:
Hamburger or Cheeseburger...

OR

Hot Dog...

...served with pineapple, and fries

National Potato Day!

Monday, October 30

ENTRÉE:
Beef Chili served with crackers, grapes, and green salad

DELI:
Hamburger or Cheeseburger...

OR

Hot Dog...

...served with pears, and fries

Tuesday, October 31

ENTRÉE:
BBQ Ribs with cornbread, green beans, and pears

DELI:
Popcorn Chicken with buttered corn, and oranges

*Halloween Treat:
Caramel Apple Slices*

National Caramel Apple Day!

