

**Menu for
SEPTEMBER 2018**

**Wildcat
Café!**

Healthy Wildcat Challenge from Mrs. Poole

Welcome back, SJRCS Wildcats!!

I can't wait to hear about all the summer fun you had! Did you bike around your neighborhood? Splash in a pool? Learn some new dance moves? What about trying a new summer fruit? Were you able to enjoy a picnic lunch or dinner outside?

We are going to start our 2018-2019 school year off with a 'Snack Smart in September' Challenge. Most students bring a snack to school each day. Snacks are a great way to keep your body nourished and growing right. I want you to think about your snacks... Can you bring something healthier? Can you add a fruit or vegetable to your snack? Can you make your snack more hearty to keep your belly full and happy? Can you include 2-3 food groups in your snack? Be sure to check out your Google Classroom for your September Healthy Wildcat Challenge! Have mom or dad sign off that you are making good snack choices for 20 out of 30 days this month and you will be rewarded with a PBIS Cross and Fitness Finder!

Let's start this year off right and snack smart!

Monday, September 3

**No School
Today!**



Tuesday, September 4

**Welcome
Back!**



**Move-In Day
Grades 1-8**

Wednesday, September 5

ENTRÉE: Pizza from Ledo's

DELI: Grilled Cheese on Wheat Bread

SIDES: Broccoli, Pineapple, Cottage Cheese

Served with water, juice, or milk

Thursday, September 6

ENTRÉE: Waffles and Sausage

DELI: (none)

SIDES: Hash Browns, Blueberries, Yogurt

Served with water, juice, or milk

Friday, September 7

ENTRÉE: Vegetarian Stir Fry with Rice

DELI: Chicken Tenders

SIDES: Green Salad, Assorted Fruit

Served with 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, September 10

ENTRÉE: Hamburger/ Cheeseburger

DELI: Hot Dog

SIDES: Fries, Pineapple, String Cheese

Served with water, juice, or milk

Tuesday, September 11

ENTRÉE: Crunchy Beef Taco

DELI: Spaghetti with Meat Sauce and Garlic Bread

SIDES: Pears, Cheese Cubes

Served with water, juice, or milk

Wednesday, September 12

ENTRÉE: Pizza from Papa John

DELI: Hot Ham & Swiss

SIDES: Carrots, Peaches, Cottage Cheese

Served with water, juice, or milk

Thursday, September 13

ENTRÉE: Scrambled Eggs and Fried Potatoes

DELI: Chicken Tenders with Green Beans

SIDES: Strawberries, Yogurt

Served with water, juice, or milk

Friday, September 14

ENTRÉE: Fish Filet Sandwich

DELI: Hot Dog with Fries

SIDES: Broccoli, Assorted Fruit, String Cheese

Served with 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!

<p>Monday, September 17</p> <p>ENTRÉE: Hamburger/ Cheeseburger</p> <p>DELI: Hot Dog</p> <p>SIDES: Fries, Grapes, String Cheese</p> <p>Served with water, juice, or milk</p>	<p>Tuesday, September 18</p> <p>ENTRÉE: Crunchy Chicken Taco</p> <p>DELI: Macaroni & Cheese</p> <p>SIDES: Broccoli, Dried Apricots, Cheese Cubes</p> <p>Served with water, juice, or milk</p>	<p>Wednesday, September 19</p> <p>ENTRÉE: Pizza from Dominos</p> <p>DELI: Hot Steak & Cheese Sub</p> <p>SIDES: Green Beans, Pears, Cottage Cheese</p> <p>Served with water, juice, or milk</p>	<p>Thursday, September 20</p> <p>ENTRÉE: Pancakes and Bacon</p> <p>DELI: (none)</p> <p>SIDES: Tater Tots, Melon Slices, Yogurt</p> <p>Served with water, juice, or milk</p>	<p>Friday, September 21</p> <div style="text-align: center;">  <p>Noon Dismissal Today!</p> </div>
<p>Monday, September 24</p> <p>ENTRÉE: Hamburger/ Cheeseburger</p> <p>DELI: Hot Dog</p> <p>SIDES: Fries, Mixed Fruit, String Cheese</p> <p>Served with water, juice, or milk</p>	<p>Tuesday, September 25</p> <p>ENTRÉE: Steak Soft Taco</p> <p>DELI: Pork Teriyaki with Rice</p> <p>SIDES: Oranges, Cheese Cubes</p> <p>Served with water, juice, or milk</p>	<p>Wednesday, September 26</p> <p>ENTRÉE: Pizza from Pizza Hut</p> <p>DELI: Turkey Reuben</p> <p>SIDES: Peas, Apples, Cottage Cheese</p> <p>Served with water, juice, or milk</p>	<p>Thursday, September 27</p> <p>ENTRÉE: French Toast with Canadian Bacon</p> <p>DELI: (none)</p> <p>SIDES: Scalloped Potatoes, Pineapple, Yogurt</p> <p>Served with water, juice, or milk</p>	<p>Friday, September 28</p> <p>ENTRÉE: Vegetarian Cornbread Casserole</p> <p>DELI: Hot Dog and Fries</p> <p>SIDES: Tomato/ Mozzarella Salad, Assorted Fruit, String Cheese</p> <p>Served with water, juice, or milk</p>

Café Q&A

What's new in the Wildcat Café this year?

Please join us in welcoming Denise Murphy to our Cafeteria Staff!

Returning this year are Karan Millberry and Veronica James. We are looking forward to serving you this year!!

Pizza will be provided on a rotating basis each Wednesday by Ledo Pizza, Papa John, Dominos, and Pizza Hut.

We will be serving a Vegetarian option every Friday in addition to the regular selection on the Deli side.

Be sure to review the lunch menu with your child so they won't miss out on a delicious lunch at school!

Tanya Schwartzbeck
Cafeteria Manager

Welcome SJRCS Wildcats!

We're Going Back To School



High Five
to a
Great Year!