





Menu for
September 2017
Wildcat
Café!

Healthy Wildcat Challenge from Mrs. Poole

Welcome back to SJRCS fellow Wildcats!

To start our year off, here are some ideas to get you thinking and eating healthy.

-  Stock your pantry with healthy "easy to grab" snacks... think popcorn, peanut butter, whole grain crackers, oatmeal, dried fruit, nuts.
-  Dedicate an area of your fridge for quick grab and go perishable items... think yogurt, cheese sticks, hardboiled eggs, fresh fruit, pre cut/washed veggies and fruit.
-  Plan to be outside everyday after school for a few minutes to take in some fresh air and be active.
-  Don't forget to stay hydrated and drink lots of water! 100% fruit juice and skim milk are also great options. Save the sports drinks for 2+ hour sporting events.

Monday, September 4

No School Today!




Tuesday, September 5

Welcome Back!



Noon Dismissal Today!

Wednesday, September 6

ENTRÉE:  Pizza with grapes and carrot sticks

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

Thursday, September 7

ENTRÉE: Chicken Tenders with string cheese, apples, and steamed broccoli

DELI: Chicken Salad on Croissant with string cheese, apples, and cucumber slices

Friday, September 8

ENTRÉE: Macaroni & Cheese with applesauce and asparagus

DELI: Hamburger or Cheeseburger...

OR

Hot Dog...

...served with applesauce and fries

AVAILABLE DAILY !

A 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, September 11

ENTRÉE: Meatloaf served with grapes, steamed corn, and garlic bread

DELI: Hamburger or Cheeseburger...

OR

Hot Dog...


...served with pears and fries

Tuesday, September 12

ENTRÉE: Crunchy Beef Tacos with cheese served with pineapple

DELI: Breaded Chicken Patty on a bun with lettuce and tomato, grapes, and string cheese

Wednesday, September 13

ENTRÉE:  Pizza with Pasta Salad and pineapple

DELI: Egg Salad Sandwich on wheat bread with applesauce and cherry tomatoes

Thursday, September 14

ENTRÉE: Pork Chops with baked apples and steamed carrots

DELI: Chicken Salad on Pita with grapes, carrot sticks, and yogurt

Friday, September 15

ENTRÉE: Spaghetti with meat sauce and garlic bread served with oranges

DELI: Hamburger or Cheeseburger...

OR

Hot Dog...

...served with oranges, and fries

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, September 18

ENTRÉE:
Beef and Cheese Burrito served with apples and cauliflower

DELI:
Hamburger or Cheeseburger...
OR
Hot Dog...


...served with peaches and fries

Tuesday, September 19

ENTRÉE:
Creamy Chicken with Peas and egg noodles served with pineapple

DELI:
Beef Taco Salad served with cheese, lettuce, tomato, and sour cream on a bed of lettuce

Wednesday, September 20

ENTRÉE:
PIZZA with grapes and cole slaw 


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


Thursday, September 21

ENTRÉE:
Scrambled eggs, with sausage served with biscuits and melon slices

DELI:
Chicken Salad on a Croissant served with kiwi slices, yogurt, and steamed broccoli

Friday, September 22

grandparents day 



Noon Dismissal Today!

Monday, September 25

ENTRÉE:
Pork Tenderloin with baked beans, apple slices, and a dinner roll

DELI:
Hamburger or Cheeseburger...
OR
Hot Dog...


...served with grapes and fries

Tuesday, September 26

ENTRÉE:
Chicken Tenders with potato salad and peaches

DELI:
Steak and Cheese Sub served with lettuce, tomato, and onion, served with grapes

Wednesday, September 27

ENTRÉE:
PIZZA with Green Salad and pineapple 

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

Thursday, September 28

ENTRÉE:
Fish Sticks with steamed carrots&peas served with applesauce

DELI:
Chicken Salad on Pita with carrot sticks, pineapple, and string cheese

Friday, September 29

ENTRÉE:
Lasagna with meat sauce served with steamed spinach and grapes

DELI:
Hamburger or Cheeseburger...
OR
Hot Dog...

...served with pineapple and fries

Café Q&A

What's new in the Wildcat Café this year?

This year, students will be able to purchase Snapple teas, flavored water, and Welch's juices in addition to lemonade, milk, and bottled water.

Every Monday and Friday we will offer hot dogs and hamburgers/cheeseburgers with fries as a full Deli lunch selection.

If your student(s) had a balance in their *My School Bucks* or *cafe account*, it will carry over to this school year. Please call or email me if you have any questions or concerns.

Tanya Schwartzbeck
email: tschwartzbeck@sjrcs.org

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

Welcome Back!!!

