

Menu for
May 2017

Wildcat Café!

AVAILABLE DAILY!

A la Carte Items

Ultimate Nachos \$3.00
Regular Nachos \$1.50
P B & J Sandwich \$1.50
Cheese Sandwich \$1.50
Tossed Salad \$1.50
Yogurt \$1.00
Carrot/Celery Sticks \$.50
Hard Boiled Egg \$.50

Healthy Wildcat Challenge

from Mrs. Poole

This month's Challenge is to go out back and re-do a Challenge you had a hard time with or maybe try one you didn't get the opportunity to complete. **This year our Healthy Wildcat Challenges were:**

September/October - *Healthy Breakfast* - Be sure to include 3 food groups on your breakfast plate. Starting your day off with foods that are made up of whole grains, protein and fiber will help give your body and brain energy to make it through the day!

November - *5 Fruits and Vegetables - High Five!* Try to enjoy 5 fruits and vegetables every day! Remember to eat all the colors of the rainbow for all the healthy benefits of different vitamins and minerals!

December - *Alphabet Fitness* - This month, you got your heart pumping as you were to complete various exercises to spell out holiday words. Whether you can get outside or are stuck inside, try to be active for at least 20 minutes each day.

January - *Dairy/Calcium* - Don't forget to enjoy 3 servings of Calcium-rich foods each day! Calcium helps build strong bones and teeth!



February - *Random Acts of Kindness and Heart Health* - When you do kind things for others, your body creates a hormone that is good for your heart. Be heart smart!

March - *Flexibility and Balance* are important to be a strong athlete by preventing injuries and keeping your joints healthy. Take 15 minutes each day to work on stretching your muscles. It can also help you relax at the end of the day!

April - *Snack Attack* - Time to attack your snack! Make sure to pack a healthy snack each and every day to help fill you up and keep you going!

Monday, May 1

ENTRÉE:
Ham with Melted Provolone Cheese Sub, Green Beans and Fruit

DELI:
Hot Dog with Fries and Fruit

Tuesday, May 2

ENTRÉE:
Beef Chimichanga with Onion Rings, Rice, and Fruit

DELI:
Breaded Chicken Patty on Bun with Peas & Carrots, and Fruit

Wednesday, May 3

ENTRÉE:
Pizza with Chick Pea Salad and Fruit



DELI:
Egg Salad Sandwich on Wheat Bread with a Green Salad and Fruit

Thursday, May 4

ENTRÉE:
Beef and Cheese Soft Tacos with Fruit

DELI:
Chicken Salad on Croissant with Fries and Fruit

Hot Dog with Fries and Fruit

Friday, May 5



No School Today!

Monday, May 8

ENTRÉE:
Grilled Cheese with Tater Tots and Fruit

DELI:
Hot Dog with Fries and Fruit

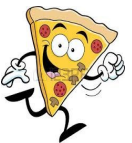
Tuesday, May 9

ENTRÉE:
Shepherd's Pie with String Cheese and Fruit

DELI:
Cheese Quesadilla with Green Beans and Fruit

Wednesday, May 10

ENTRÉE:
Pizza with Pasta Salad and Fruit



DELI:
Egg Salad Sandwich on Wheat Bread with Carrot Sticks and Fruit

Thursday, May 11

ENTRÉE:
Chicken Tenders with Fries and Fruit

DELI:
Chicken Salad on Pita with Fries and Fruit

Hot Dog with Fries and Fruit

Friday, May 12



Noon Dismissal 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.sjr.org and click on the My School Bucks logo to set-up your Café account TODAY!

Monday, May 15

ENTRÉE:
Italian Sub with Potato Salad and Fruit


DELI:
Hot Dog with Fries and Fruit

Tuesday, May 16

ENTRÉE:
Chicken Noodle Casserole with Peas and a French Roll

DELI:
Balsamic Pork Tenderloin with Baked Apples, Peas, and String Cheese

Wednesday, May 17

ENTRÉE:
PIZZA with Cucumber Salad and Fruit 

DELI:
Egg Salad Sandwich on Wheat Bread served with Tossed Green Salad and Fruit

Thursday, May 18

ENTRÉE:
Spaghetti with Meat Sauce or Pesto Sauce served with Garlic Bread and Fruit


DELI:
Chicken Salad on a Croissant with Tossed Green Salad and Fruit

Friday, May 19

ENTRÉE:
Pancakes with Bacon, Yogurt, and Fruit

DELI:
Hot Dog with Fries and Fruit

Menu for June 2017

GOOD LUCK 8TH GRADE!!! 

SURPRISE! A LA CARTE MENU ITEM !

Thursday, June 1

ENTRÉE:
Chicken Tenders with Fries and Fruit

DELI:
Hot Dog with Fries and Fruit

Monday, May 22

ENTRÉE:
Ravioli with Meat Sauce served with Garlic Bread and Fruit

DELI:
Ham & Cheese on Wheat Bread with Fries and Fruit


Hot Dog with Fries and Fruit

Tuesday, May 23

ENTRÉE:
Macaroni and Cheese with Broccoli and Fruit

DELI:
Chicken Tenders with Tossed Green Salad and Fruit

Wednesday, May 24

ENTRÉE:
PIZZA with Cucumber Salad and Fruit 

DELI:
Egg Salad Sandwich on Wheat Bread served with Tossed Green Salad, and Fruit

Thursday, May 25


ENTRÉE:
Bean and Cheese Burrito with Corn and Fruit

DELI:
Chicken Salad on Pita with Cucumbers and Fruit

Hot Dog with Fries and Fruit

Friday, May 26

No School Today!



Monday, June 5

ENTRÉE:
Hamburger/Cheeseburger with Fries and Fruit

DELI:
Hot Dog with Fries and Fruit

SURPRISE! A LA CARTE MENU ITEM !

Tuesday, June 6

ENTRÉE:
PIZZA with Cucumber Salad and Fruit

Monday, May 29

No School Today!

Happy Memorial Day!

Home of the free, because of the brave




Tuesday, May 30

ENTRÉE:
Hamburger/Cheeseburger with Fries and Fruit

DELI:
Hot Dog with Fries and Fruit

Wednesday, May 31

ENTRÉE:
PIZZA with Three Bean Salad and Fruit 

DELI:
Egg Salad Sandwich on Wheat Bread served with Tossed Green Salad, and Fruit

Café Q&A

What happens to my Café account at the end of the school year?

All returning students who have a remaining balance on their account will carry their café balances over to the 2017/2018 school year.

8th grade graduating students who have younger siblings at SJRCS will have their balances transferred to their siblings' accounts to carry over to the 2017/2018 school year.

8th grade students who do not have a younger sibling at SJRCS and students that are not returning to SJRCS will need to notify the business office in order to receive a refund check if any café balance remains on their account at the end of this school year.

IMPORTANT NOTICE: Report cards will not be issued to students with negative café balances. Please make sure your outstanding balance is paid!

Thank you for using My School Bucks this year!