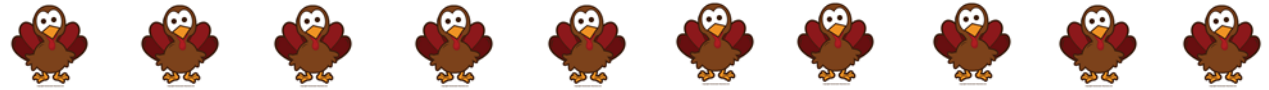


NOVEMBER 2021

**Wildcat
Café!**



Create a "Health Goals Chart" for the whole Month of November!
Think about 2 Goals for each area that you can focus on achieving this month.

November Goal Chart			
	Eat	Sleep	Move
Goal #1	To develop and grow you need to eat healthy food.	Restores energy, and is important for growth and development	Being active has several health benefits and is fun
Goal #2			

Monday, November 1	Tuesday, November 2	Wednesday, November 3	Thursday, November 4	Friday, November 5	A La Carte—Pre-order Online	
<p>Gluten Free Available Steak and Cheese Sub with tomato, lettuce, sautéed onions, and Chips</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Chicken and Bean Quesadilla with Salsa and Sour Cream</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Papa Johns Pizza</p> <p>Cheese or Pepperoni with Baby Carrots and Ranch</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Gluten Free Available Hamburger or Cheeseburger with Tater Tots</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Vegetarian Macaroni & Cheese with Broccoli</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Garden Salad with dressing \$2.50</p> <p>Ultimate Nachos \$3.00</p> <p>Regular Nachos \$2.00</p> <p>Hot Pretzel \$1.00</p> <p>Potato Chips \$0.75</p> <p>Chips: Variety \$0.75</p> <p>Fresh Fruit (apple, orange, banana) \$0.50</p> <p>Yogurt or String Cheese \$1.00</p> <p>Fries (when available) \$2.00</p> <p>Milk, Chocolate Milk \$0.50</p> <p>Small Water \$0.25</p> <p>Large Water \$0.50</p> <p>Juices unavailable due to vendor shortage</p>	
<p>Monday, November 8</p> <p>Chicken Tenders or Chicken Nuggets with Fries</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Tuesday, November 9</p> <p>Gluten Free Available Beef Tacos (Crunchy Shell or Soft Tortilla) with Cheese, Lettuce, Salsa, and Sour Cream</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Wednesday, November 10</p> <p>Papa Johns Pizza</p> <p>Cheese or Pepperoni with Pesto Pasta Salad</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Thursday, November 11</p> <p>Gluten Free Available Beef Chili or Veggie Bean Chili with Cheese, Sour Cream and Garlic Bread</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>	<p>Friday, November 12</p> <p>Vegetarian Fish Filet Sandwich or Fish Sticks with tartar Sauce and Steamed Carrots</p> <p>Served with Fruit and a drink: Milk, Chocolate Milk, or Water</p>		

Monday, November 15

Gluten Free Available
Meat Lasagna with a Green Salad (Ranch, Thousand Island, or Balsamic Vinaigrette)

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Tuesday, November 16

Gluten Free Available
Baked Potato with toppings: Beef Chili, Bacon, Cheese, Sour Cream, Butter, and Mixed Veggies

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Wednesday, November 17

Papa Johns Pizza

Cheese or Pepperoni with Marinated Cucumber Spears

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Thursday, November 18

Gluten Free Available
Hot Dog or Corn Dog with Fries

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Friday, November 19

Vegetarian
Potato Soup and Grilled Cheese Sandwich

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Monday, November 22

Swedish Meatballs with Egg Noodles and Mixed Veggies

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Tuesday, November 23

Gluten Free Available
Thanksgiving Feast!

Sliced Turkey, Gravy with Mashed Potatoes, Sweet Potatoes, Green Beans, Fruit, and a Pumpkin Cake Pop or Rice Krispie Treat Pop

Served with a drink:
2% Milk, Chocolate Milk, or Water

Wednesday, November 24

Thursday, November 25

Friday, November 26

No School—Thanksgiving Break

Monday, November 29

Chicken Tenders or Chicken Nuggets with Fries

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Tuesday, November 30

Beef and Cilantro Rice Burrito with Salsa and Sour Cream

Served with Fruit and a drink:
Milk, Chocolate Milk, or Water

Happy Thanksgiving!!

The Thanksgiving Feast

will be offered on Tuesday, November 23rd for \$6.00

We are thankful for all our students, parents/guardians, teachers, and staff at SJRCS!

A very special **“Thank You”** to all our **Wildcat Café Volunteers!**



All orders are due ONLINE on Sunday
www.myschoolbucks.com

Please call the cafeteria if you need assistance with ordering online.

301-662-6722
Tanya Schwartzbeck
Cafeteria Manager

