

Menu for  
**October 2021**

**Wildcat  
Café!**



**Healthy Habits from Ms. Davis**

**Eat the whole Rainbow.**  
**Do something active every day.**  
**Take a timeout from screens.**  
**Keep up with Doctor check-ups.**  
**Play and Laugh!!!**

*Vegetarian meals are served  
on Fridays!*

*Gluten Free meals can be  
accommodated when you see "GF"  
on the menu.*

*Dairy Free meals can be  
accommodated, please email or call  
the cafeteria.*

**Online Lunch Orders  
are due by Sunday  
for the following week.**

**[www.myschoolbucks.com](http://www.myschoolbucks.com)**

Please be sure you get the email  
confirmation sent by  
My School Bucks to ensure that  
your order was received.

**Friday, October 1**

**Vegetarian**  
Macaroni and Cheese  
with Steamed Veggies

Served with a Fruit  
and drink :  
2% Milk, or Chocolate  
Milk, Apple Juice, Fruit  
Punch, or Water

**A La Carte Menu**

Ultimate Nachos	\$ 3.00
Regular Nachos	\$ 2.00
Cinnamon or Salted Hot Pretzel	\$ 1.00
Potato Chips	\$ .75
Fresh Fruit (variety)	\$ .50
Yogurt	\$ 1.00
String Cheese	\$ 1.00
Large Water	\$ .50
Small Water	\$ .25
Milk	\$ .50
Chocolate Milk	\$ .50
Apple Juice	\$ .50
Fruit Punch	\$ .50

**Monday, October 4**

Chicken Tenders or  
Nuggets, Ketchup or  
BBQ Sauce, Onion  
Rings, Baby Carrots

Served with Fruit  
and a drink :  
2% Milk, Chocolate  
Milk, Apple Juice, Fruit  
Punch, or Water

**Tuesday, October 5**

Beef and Cheese  
Quesadilla with Salsa  
and Sour Cream and a  
Green Salad (with Ranch,  
1000 Island, or Balsamic Vin)

Served with Fruit  
and a drink :  
2% Milk, Chocolate  
Milk, Apple Juice, Fruit  
Punch, or Water

**Wednesday, October 6**

Cheese or Pepperoni  
Pizza with Tortellini  
Pasta Salad

Served with Fruit  
and a drink :  
2% Milk, Chocolate  
Milk, Apple Juice, Fruit  
Punch, or Water

**Thursday, October 7**

**NOON  
DISMISSAL**



**Friday, October 8**

**NO  
SCHOOL**

<p><b>Monday, October 11</b></p> <p><i>GF available</i> Chicken and Veggie Kabobs with Mashed Potatoes</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Tuesday, October 13</b></p> <p>Beef Tacos: Crunchy (<i>GF</i>) or Soft with Cheese, Lettuce, Sour Cream, and Salsa</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Wednesday, October 14</b></p> <p>Cheese or Pepperoni Pizza with Green Salad (Ranch, 1000 Island, or Balsamic Vinaigrette Dressing)</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Thursday, October 15</b></p> <p><i>GF available</i> Hot Dog or Corn Dog with Fries and Ketchup Or Chicken Salad Croissant and Chips</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Friday, October 16</b></p> <p><i>GF available</i> <b>Vegetarian</b> Spaghetti with Veggie Marinara and Garlic Bread</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>
<p><b>Monday, October 18</b></p> <p>Breaded Chicken Patty on a Bun (Lettuce, Mayo, and Tomato on the side) with Tomato Caprese Salad</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Tuesday, October 19</b></p> <p>Pork Tenderloin Wrap with Lettuce and Sweet Corn Salsa</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Wednesday, October 20</b></p> <p>Cheese or Pepperoni Pizza with Cucumber-Mint Feta Salad</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Thursday, October 21</b></p> <p><i>GF available</i> Hamburger or Cheeseburger with Fries and Ketchup Or Chicken Salad Croissant and Chips</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Friday, October 22</b></p> <p><i>GF available</i> <b>Vegetarian</b> Veggie Fried Rice</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>
<p><b>Monday, October 25</b></p> <p><i>GF available</i> Beef Lasagna with Caesar Salad</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Tuesday, October 26</b></p> <p>Beef Tacos: Crunchy (<i>GF</i>) or Soft with Cheese, Lettuce, Sour Cream, and Salsa</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Wednesday, October 27</b></p> <p>Cheese or Pepperoni Pizza with Italian Pasta Salad</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Thursday, October 28</b></p> <p><i>GF available</i> Hot Dog or Corn Dog with Fries and Ketchup Or Chicken Salad Croissant and Chips</p> <p>Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>	<p><b>Friday, October 29</b></p> <p><b>Halloween Special</b> "Cauldron" Vegetable Soup With Grilled Cheese and a Spooky Treat Served with Fruit and a drink : 2% Milk, Chocolate Milk, Apple Juice, Fruit Punch, or Water</p>



Deposit money into student(s) accounts, order lunch online, and view purchases.

- ⇒ **ALL STUDENTS who order lunch must have a My School Bucks account this year (it's free)**
- ⇒ Step 1: [www.sjrns.org](http://www.sjrns.org)
- ⇒ Step 2: select My School Bucks logo
- ⇒ Step 3: select "School Lunch Account"
- ⇒ Step 4: Add your student (s) name and school ID# (call front office if you don't have your student's school ID#)
- ⇒ Set up payment details (fees apply) or **MAIL IN A CHECK TO THE CAFETERIA (free)**

Call the cafeteria for assistance  
301-662-6722

