

## *The Wildcat Café*

Welcome to the 2009-2010 school year. This year will certainly be an exciting year as we showcase healthy meal choices in our menus. The school **Wellness Policy** is in place and we are serving breakfast and lunch that encourage healthier life styles. Reducing fat and eliminating trans fats from menus will also help to maintain a healthy diet. We also have whole grain breads and wraps to enhance our menus. Be sure to check out our fresh fruit and veggie selections. We will be serving up fun and nutrition at the same time. We are very excited about our new menus and we value your input. Please feel free to contact any of us with your ideas and comments, or visit us on the web site for additional nutrition information.



### School Policy on Student Lunch Accounts

- Every student has a lunch account, whether it is used or not.
- Money can be deposited at every location during Breakfast or Lunch time.
- Free/Reduced meal applications are available from the school office or on our website at [www.bcschools.net](http://www.bcschools.net)
- Parents are encouraged to keep their child's account current by depositing money.
- Parents may now view their child's account balance and purchases at the Web Portal.

#### Contact Information:

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# HANDY MIDDLE SCHOOL MENU APRIL 2010

## Wildcat Breakfast

(Includes choice of entrée, fruit or juice or milk)

Full Pay Breakfast: \$1.90 Reduced Breakfast: \$.30

Free: No Cost

### A-La-Carte Items

Variety of Breakfast Items:

Bagel/Sausage & Cheese	\$ 1.90
Bagel/Ham & Cheese	\$ 1.90
English Muffin & Sausage Pattie	\$ 1.90
English Muffin, Ham, Egg & Cheese	\$ 1.90
Egg & Cheese Muffin	\$ 1.90
French Toast & Sausage	\$ 1.90
Muffins/Asst. Bagels w/Cream Cheese	\$ .90
*Variety of Poptarts	\$ .75
*Variety of Cereal/bowl	\$ .55
Yogurt, 4 oz.	\$ .90
Fresh Fruit	\$ .80
*Variety of Milk	\$ .55
Cinnamon Rolls	\$ .85
Donuts	\$ .90
Cinnamon Sticks	\$ .85
Sticky Rolls	\$ .90



### Wildcat Hot Sandwiches \$2.50

Classic Burger or Cheese Burger	BBQ Chicken
Breaded Chicken Patty Sandwich	Ham & Cheese
Hot & Spicy Chicken Patty Sandwich	Italian Steak
Grilled Chicken, Hot Dog, Nacho's,	Chicken Parmesan

### Wildcat Hot Sandwiches \$3.15

Nacho Supreme  
Homemade Pizza Pockets  
Chicken Wrap

### Wildcat Deli \$3.15

Create your own Wildcat Sub Sandwich

Sub Sandwiches on: Freshly Baked Sub Bun, Bagel, Wrap,  
Wheat Bread or Wheat Sub Bun

Types of Meat: Turkey, Ham, Cheese, Roast Beef, Tuna Salad,  
Chicken Salad, & Veggie Sandwich

Chicken Noodle Soup available every day.

Soup Prices: 12 oz. Bowl \$2.35 Quart \$5.50

Every Lunch includes choice of entrée with  
Grain/Bread, two different side dishes  
(small salad, fruit, vegetable or potato choice)  
and Milk

Full Pay Lunch: \$2.40 Reduced Lunch: \$ .40

Free: No Cost

All Adult Meals sold Ala Carte



### Wildcat Daily Student Specials \$2.40

- 4/5 Pepperoni Pizza, Chicken Teriyaki w/Rice & Roll, Chili
- 4/6 French Toast w/Sausage, Pizza Bagel, Chili
- 4/7 Chicken Nuggets w/Roll, Ravioli w/Cheese Turkey Creole Soup
- 4/8 Chicken Bite Bowls, Pizza Pita w/Pepperoni, Turkey Creole Soup
- 4/9 Bosco Sticks w/Sauce, Grilled Cheese w/Tomato soup, BBQ Pork on a Bun, Tomato Soup
- 4/12 Chicken Fajita's, Beef Enchilada's, Vegetable Beef Soup
- 4/13 Soft Taco's, Ravioli w/Cheese & Breadstick, Vegetable Beef Soup
- 4/14 Pepperoni Pizza, Sweet & Sour Chicken w/Rice, Cheesy Broccoli Soup
- 4/15 Spaghetti w/Garlic Toast, Pizza Pockets, Cheesy Broccoli Soup
- 4/16 Mac & Cheese w/Roll, French Toast w/Sausages, Fish Sandwich/Tartar Sauce, Creamy Chicken Vegetable Soup
- 4/19 Bosco Sticks w/Sauce, Chicken Tenders w/Roll, Meatloaf w/Gravy & Roll, Beef Barley Soup
- 4/20 Taco Salad Bowl w/Meat & Cheese, Ravioli w/Cheese & Roll, Beef Barley Soup
- 4/21 Pepperoni Pizza, Spicy Popcorn Chicken w/Roll, Creamy Chicken Soup
- 4/22 French Toast w/Sausages, Chicken Nuggets w/Roll, Creamy Chicken Soup
- 4/23 Big Daddy Pizza, BBQ Pork on a Bun, Fish Sandwich/Tartar Sauce, Cream of Mushroom Soup
- 4/26 NO SCHOOL
- 4/27 Chicken Tenders w/Breadstick, Beef Enchilada's, Mini Corn Dogs, Cheesy Broccoli Soup
- 4/28 Pepperoni Pizza, Ravioli w/Cheese & Roll, Cheesy Broccoli Soup
- 4/29 Chicken Pot Pie w/Gravy, Homemade School Pizza w/Ham, Meatball Soup
- 4/30 Popcorn Chicken w/Breadstick, Spaghetti w/Garlic Toast, Cream of Potato Soup

All Items may be purchased  
A-la-carte along with many other  
snack choices