

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
- 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 JANUARY 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

- 1/4 Cottage Inn Pizza, Wet Burrito, **Cheesy Cauliflower Soup**
- 1/5 Chicken Bite Bowls w/Roll, Pretzel w/Cheese, **Cheesy Cauliflower Soup**
- 1/6 Cottage Inn Pizza w/Ham, Chicken Stir Fry w/Rice, **Turkey Creole Soup**
- 1/7 Chicken Nuggets w/Breadstick, Spaghetti w/Garlic Breadstick, **Turkey Creole Soup**
- 1/8 Chicken Pasties w/Gravy, Mac & Cheese w/Mini Corn Dogs, **Seafood Chowder**
- 1/11 Chicken Nuggets w/Roll, Bacon Cheeseburger, **Chili in a Bread Bowl**
- 1/12 French Toast w/Sausage, Bosco Sticks w/Sauce, **Chili**
- 1/13 Cottage Inn Pizza, Chicken Teriyaki w/Rice, Burrito, **Beef Barley Soup**
- 1/14 Popcorn Chicken w/Roll, Homemade Calzones, **Beef Barley Soup**
- 1/15 Taco Salad Bowls, Chicken Fajita's, Fish Sandwich on a Bun, **Minestrone Soup**
- 1/18 Ravioli w/Cheese & Breadstick, Soft Taco's, **Homemade Bean Soup**
- 1/19 Chicken Enchilada's, Peppery Popcorn Chicken w/Roll, **Homemade Bean Soup**
- 1/20 Cottage Inn Pizza, Sweet & Sour Chicken w/Rice, **Cheesy Broccoli Soup**
- 1/21 Spaghetti w/Garlic Toast, Spicy Chicken Tenders w/Roll, **Cheesy Broccoli Soup**
- 1/22 BBQ Pork on a Bun, Chicken Parmesan w/Roll, School Made Pizza, **Creamy Chicken Vegetable Soup**
- 1/25 French Toast w/Sausages, Pizza Bagel, **Vegetable Beef Soup**
- 1/26 Mac & Cheese w/Roll, Sloppy Joes w/Chips, Corn Dog on a Stick, **Vegetable Beef Soup**
- 1/27 Cottage Inn Pizza, Lasagna w/Garlic Toast, **Cheesy Broccoli Soup**
- 1/28 Bosco Sticks w/Sauce, Chicken Bite Bowls, **Cheesy Broccoli Soup**
- 1/29 Ravioli w/Cheese & Breadstick, Chicken Nuggets w/Breadsticks, **Seafood Chowder**

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