



Food For Thought

New Items Are Coming to the Cafeteria!

Have you seen some of the new items available as part of the Smart Snack Options in our Ala Carte selection?

items are served together and nothing can be substituted. Also, if you want it hot, you will have to microwave it.

ther questions please ask Shelly.

If you know of an item you would like to see available in the Ala Carte selection, email it to me (swuellner@bhschools.org) and I will look into it.

If you choose to get the alternate entrée, it will still count as a lunch as long as you select the appropriate items to go with it.

Also, starting soon we will have an alternate entree available during lunch as well as a grab and go section.

Please be patient as both new items will be served as a first come first served basis. When they run out, we are out. It will take a little while to adjust to a popular item.

If you choose a lunch from the "grab and go" section please understand that those

If you should have any fur-



Use your PowerSchool account to check your meal account. Check under Lunch.

Q: Did you miss out on the Chic-Fil-A day?

Don't worry, there is another one coming in December, so stay tuned

There is also a Cardinal gear/hat day coming to Wolf Ridge 11/3, look for more information coming out on that.

Special points of interest:

- Make sure to check out the Cafeteria links on the website!
- Menu is available online, on the schools website!
- The Newsletter is available on the schools website
- Check out the District Calendar for upcoming events.

Do you qualify for the National School Lunch Program?

Do you qualify for the National School Lunch Program (NSLP)?

know right away if you qualify.

Contact Melisa Booten at the District Office (618) 585-3116 ext: 221

Fill out an application and find out. It is really easy and Melisa at the District Office will be able to let you

Situations change unexpectedly all the time. Please don't wait until your account is past due, save your self some time and money by filling out

Healthy Snack Tip

Looking for a quick and healthy snack?
Grab a small handful of Almonds. Protein=Fuel

Looking to stay healthy during Flu Season?

Eat a banana! Who knew?

▶ Don't forget to drink plenty of water

We are on the web!
www.bhschools.org



In the Cafeteria we work hard to serve high quality, great tasting food that meet or exceed the National School Lunch Program nutritional standards.

Who works in your cafeteria?

Wolf Ridge Educational Center:

(618) 585-4831 ext: 323

Diane R., Cook

Kari K., Part Time Cook (M-W-F)

Susan O., Cashier

Tina S., Monitor

Gina B., Monitor

Lisa A., Monitor

Theresa M., Monitor

Bunker Hill High School:

(618) 585-3232 ext: 422

Tammy O., Cook

Lisa Rose., Cashier

Kari K., Part Time Cook (T and Th)

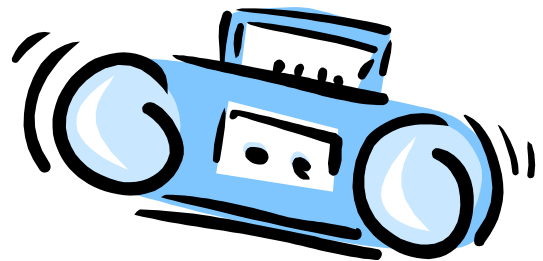
Rachelle W. (Shelly), Food Service Director

(618) 585-3232 ext: 430

swuellner@bhschools.org

Please feel free to contact Shelly with any questions about your meal account.

Also, we always accept a current email address to email you when your account is falling behind. Send yours in today.



We are Rockin' through the first newsletter!