



Food For Thought

Look What is Coming To Wolf Ridge!

Wolf Ridge Cafeteria will be offering a special blended coffee! That's right, we will be launching the "Wolf Ridge Café"!

Coffee (decaffeinated) will be offered to our 6th and 7th grade students during breakfast. We will have five different sugar free flavors to add to your coffee as well as regular creamer! Our signature drink will be the "Patriot Steamer", which is a frothed milk infused with Caramel and Chocolate flavoring.

This is only offered to the

6th and 7th grade students at breakfast, and they can use money from their lunch account to purchase the drinks! (this does not qualify as part of the National School Lunch Program).

If you want to purchase a drink and sit in the coffee shop style seating, come on down and purchase a beverage from our Wolf Ridge Café!

Patriot Steamer- \$1.50 (no free refills) 8 ounce serving

Coffee with a touch of flavoring is \$1.00 (no free refills). 8 ounce serving

Plain cup of coffee \$0.75 (free refill)

All beverages must be consumed in the designated area of the cafeteria.

During the 6th and 7th grade lunch, the Café will be available to those students who met the qualifying criteria and have their Gift Certificate. The same pricing will apply.

Look What is Coming to the High School

Coming to the High School in the very near future is our new "Grab and Go" lunch items.

We will offer a selection of ready to go items for lunch for all to choose from, while

supplies last. Following the directions of the "Grab and Go" will allow for every student to participate in this option of meal service.

Stay tuned for the launching of this new service. We are waiting on a couple of items still to be 100% ready.

Shhhh there is a coffee café coming also in January 2018!

Q:

What do you get from a pampered cow?

A: Spoiled milk.

source: <http://jokes4us.com/miscellaneousjokes/schooljokes/kidjokes.html>

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
- Breakfast/Lunch Accounts are available 24/7 through PowerSchool

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)

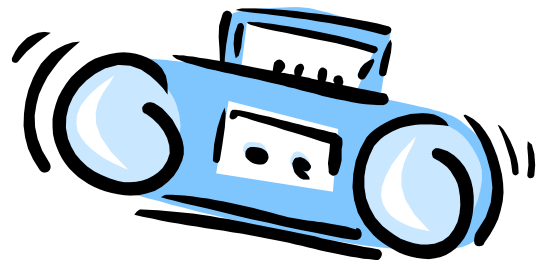
Rachelle W. (Shelly), Food Service Director

(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!