

# Wildcat Diner Ala Carte Menu

Ala Carte items are extra items that students can purchase with a meal. **They are not included in the price of the meal.**

## Breakfast Items:

- Meat \$0.50
- Bread \$0.50
- Pizza \$0.75
- Sausage & Biscuit \$0.75
- Poptart \$0.75
- Milk \$0.30
- Juice Box \$0.30
- Bottled Juice \$0.75



## Lunch Items:

- Sandwich \$1.30
- Meat \$1.30
- Fries \$0.50
- Water (large) \$0.50
- Water (small) \$0.30
- Bread \$0.30
- Fruit or Vegetable \$0.50
- Dessert \$0.50
- Milk \$0.30
- Juice Box \$0.50
- Bottled Juice \$0.75



## Healthy Snack Ideas to think about...

Snacks can be an important part of a healthful diet. Well-chosen snacks can help you manage weight, hunger, health, and energy. Eating several small healthy snacks between meals helps with weight loss by keeping cravings down and preventing excessive hunger that may lead to overeating. If your meals are not perfectly balanced (and whose are?) snacks can help you meet healthful guidelines for grain, vegetable, fruit, calcium and protein intake. Snacks keep you going when you are dragging - and nutritious snacks keep you going longer. Small, wisely chosen snacks between meals promote good health and add pleasure to life. Snack with variety, balance and moderation in mind. The following tips can make between-meal eating a nutritious, enjoyable part of your eating style!

**Work snacks into your diet** – Rather than considering them as "extras," choose snacks that contribute to your calorie and nutrient needs. Snack on foods that compliment your meals and add variety to your diet. For instance, snack on fruits, vegetables, cheese, or yogurt.

**Watch your snack portions** – Snack portions are smaller than meal portions. Snacks shouldn't "fill you up" but rather help you to be "not hungry."

**Snack when you're hungry** – Skip the urge to nibble in response to non-hunger eating impulses such as boredom, frustration, or stress. "Nourish" stress or boredom with a walk instead of a donut.

**Snack consciously and plan ahead for smart snacking** – Don't mix snacking with other activities. Snacking absentmindedly while doing other things leads to overeating. Keep a variety of tasty, nutritious, ready-to-eat snacks on hand at home, school, or wherever you need a light bite to take the edge off hunger.