

Bluecat Cafe

K8 Campus - Lunch



Special Announcements:

- * Choice of milk each day
- * Fruit punch served Monday, Wednesday and Friday
- * Grape juice served Tuesday and Thursday

Did You Know?

Vegetables are a great source of vitamins and minerals that your body needs, and they are even fun to eat, if you grow them yourself! Spring is a perfect time to start a garden with your favorite vegetables. Some of the most popular vegetables grown in our part of Texas are tomatoes, squash, peas, green beans, corn, peppers, cucumbers and okra!



Grilled Veggie Pita

Ingredients

- 1/2 cup cream cheese
- 1 tsp. chives, chopped
- 1 tsp. parsley
- 3-4 cups grilled veggies (carrots, zucchini, peppers, eggplant, etc.)
- 4 whole-wheat pitas

Instructions

1. Place cream cheese, chives and parsley in food processor, pulse until herbs are evenly distributed.
2. Spread 1-2 tablespoons of herbed cream cheese onto inside of each pita.
3. Stuff each pita evenly with grilled veggies.



April

Monday

Tuesday

Wednesday

Thursday

Friday

Spring

Chicken nuggets
Glazed carrots
Black eye peas
Ketchup
Applesauce

3

Chicken fajitas
Garden salad
Pinto beans
Ranch dressing
Fresh orange

4

Pork riblet
Bread slice
Fish fillet
Broccoli / ranch
Whole kernel corn
Ketchup
Pears

5

Turkey/chz. sandwich
Chili beans
Garden salad
Ranch/mayo/mustard
Diced pineapple

6

Brd. Chicken patty
Bread slice
Hot dog
Sunchip
Garden salad
Pork-n-beans
Ketchup/mustard
Fresh apple half

7

Chicken strips
Bread slice
Corn dog
Steamed carrots
Whipped potatoes
Ketchup / mustard
Fresh orange

10

Chicken patty
Pepperoni pizza
Garden salad
Broccoli / ranch
Ketchup / mustard
Mixed fruit

11

Tex Mex stack
Tostado chips
Salsa
Pickle chips
Diced peaches

12

Oven fried chicken
Honey wheat roll
Fish fillet
Bread slice
Whole potatoes
Green beans
Ketchup
Diced pineapples

13

School
Holiday



14

Pepperoni pizza
Bean / beef burrito
Baby carrots/ ranch
Green beans
Picante sauce
Fresh orange

17

Beefy macaroni
Chicken strips
Garden salad
Whole kernel corn
Ketchup
Pears

18

Chicken nuggets
Black eye peas
Broccoli
Ketchup
Mixed fruit

19

Cheeseburger
Garden salad
Pinto beans
Pickle chips
Mayo
Mustard/ketchup
Diced peaches

20

Hot dog
Pork-n-beans
Pickle chips
Mayo/mustard/ketchup
Fresh apple half

21

Pepperoni pizza
Bean / beef burrito
Baby carrots / ranch
Green beans
Picante sauce
Pears

24

Chicken ranch wrap
Spinach
Strawberries
Ranch dressing

25

Beef stew
Crackers
Corn dog
Steamed broccoli
Black eye peas
Fresh orange
Mustard / ketchup

26

Crispy tacos
Garden salad/ ranch
Salsa
Pickle chips
Peaches

27

School
Holiday



28