

Bluecat Cafe

K8 Campus - Breakfast



Special Announcements:

- * Choice of milk each day
- * Orange juice served Monday, Wednesday & Friday
- * Apple juice served Tuesday and Thursday

August

Monday	Tuesday	Wednesday	Thursday	Friday
		Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 24	Cereal Grahams CHOICE #2 Blueberry muffin Applesauce 25	Cereal Grahams CHOICE #2 Egg / cheese burrito Picante sauce Diced pineapple 26
Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 29	Cereal Grahams CHOICE #2 Banana nut muffin Mandarin oranges 30	Cereal Grahams CHOICE #2 Egg / cheese burrito Picante sauce Pineapple tidbits 31		

Did You Know?

Corn grows as an "ear" and can be yellow, red, pink, black, purple or blue? Fresh, locally grown corn has a naturally sweet flavor, is good for you and widely available during the end of summer!



Grilled Corn with Cheese & Lime

Ingredients

- 8 ears corn, shucked
- 1 Tbsp. olive oil
- kosher salt
- 1/2 c. crumbled feta or queso fresco
- 1/4 to 1/2 tsp. cayenne pepper
- 2 limes, cut into wedges

Instructions

1. Heat grill to medium-high. Brush the corn with the oil and sprinkle with 1/2 tsp. salt. Grill, turning often, until tender and charred, 5 to 7 minutes.
2. Sprinkle the corn with the cheese and cayenne. Serve with the lime wedges.



Back to School!