

Bluecat Cafe

K8 Campus - Lunch



Special Announcements:

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

August

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken nuggets Black eye peas Broccoli / ranch Ketchup Mixed fruit	Hamburger Garden salad Pinto beans Pickle chips Mayo Mustard / ketchup Diced peaches	Hot dog Pork-n-beans Pickle chips Mayo/mustard/ketchup Fresh apple half
		24	25	26
Pepperoni pizza Bean / beef burrito Baby carrots / ranch Green beans Picante sauce Pears	Chicken ranch wrap Spinach Strawberries Ranch dressing	Beef stew Crackers Corn dog Steamed broccoli Black eye peas Fresh orange Mustard / ketchup		
29	30	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!



Back to School!

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.

