

Bluecat Cafe

K8 Campus - Lunch

February



Special Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken nuggets Black eye peas Broccoli Ketchup Mixed fruit	Cheeseburger Garden salad Pinto beans Pickle chips Mayo Mustard/ketchup Diced peaches	Hot dog Pork-n-beans Pickle chips Mayo/mustard/ketchup Fresh apple half
		1	2	3
Pepperoni pizza Bean / beef burrito Baby carrots / ranch Green beans Picante sauce Pears	Chicken ranch wrap Spinach Strawberries Ranch dressing	Beef stew Crackers Corndog Steamed broccoli Black eye peas Fresh orange Mustard / ketchup	Crispy tacos Garden salad/ ranch Salsa Pickle chips Peaches	Hotdog Chicken fried steak Whole kernel corn Pork-n-beans Ketchup / mustard Fresh apple half
6	7	8	9	10
Chicken strips Bread slice Spinach Whipped potatoes Ketchup Fresh orange	Pepperoni pizza Pinto beans Green beans Diced pears	Chicken spaghetti Breadstick Corndog Garden salad Baby carrots / ranch Ketchup / mustard Mixed fruit	Fish fillet Brd. Chicken patty Broccoli / ranch Black eye peas Ketchup Diced peaches	Hot dog Garden salad Pork-n-beans Fresh apple half Mustard/mayo/ketchup Ranch dressing
13	14	15	16	17
Chicken nuggets Glazed carrots Black eye peas Ketchup Applesauce	Chicken fajitas Garden salad Pinto beans Ranch dressing Fresh orange	Pork riblet Bread slice Fish fillet Broccoli / ranch Whole kernel corn Ketchup Pears	Turkey/chz.sandwich Chili beans Garden salad Ranch/mayo/mustard Diced pineapple	Brd. Chicken patty Bread slice Hot dog Sunchip Garden salad Pork-n-beans Ketchup/mustard Fresh apple half
20	21	22	23	24
Chicken strips Bread slice Corndog Steamed carrots Whipped potatoes Ketchup /mustard Fresh orange	Chicken patty Pepperoni pizza Garden salad Broccoli / ranch Ketchup / mustard Mixed fruit			
27	28			

Did You Know?

February is National Heart Health month! You can maintain good heart health by getting 60 minutes of exercise or physical activity every day! Grab healthy snacks like fruit, veggie sticks, or yogurt and drink lots of water. Foods and drinks that have a lot of sugar or fat make an unhappy heart - so eat right!



Honey Mustard Glazed Salmon

Ingredients

- 1 Tbsp. honey
- 1 Tbsp. Dijon mustard
- 1 tsp. canola oil
- 1 4-oz salmon steak

Instructions

1. Preheat oven to 400 degrees.
2. In a small bowl, mix honey, mustard, and oil.
3. Place salmon steak on a foil-lined baking dish and brush with honey-mustard glaze.
4. Bake until salmon is cooked through, about 8 minutes.



Happy Valentine's Day

