

Bluecat Cafe

K8 Campus - Breakfast

March



Special Announcements:

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

Did You Know?

Eggs are a great source of protein! They are also gluten free, carb free, and sugar free! Eggs contain Vitamin A, Vitamin D, all the B Vitamins, iron, choline and protein. They help build muscle strength, maintain brain and memory function, produce energy, and help your immune system. The average American eats 250 eggs per year!



	Tuesday	Wednesday	Thursday	Friday
		Cereal Grahams CHOICE #2 Egg/ cheese burrito Picante sauce Pineapple tidbits	Cereal Grahams CHOICE #2 French toast sticks Syrup Pears	Cereal Grahams CHOICE #2 Kolache Mustard Applesauce
Cereal Grahams CHOICE #2 Breakfast pizza Pears	Cereal Grahams CHOICE #2 Mini pancakes Diced peaches	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit	Cereal Grahams CHOICE #2 Sausage/biscuit Jelly Applesauce	Cereal Grahams CHOICE #2 Egg/ cheese burrito Picante sauce Diced pineapple



Spring Break



Cereal Grahams CHOICE #2 French toast sticks Syrup Diced peaches	Cereal Grahams CHOICE #2 Sausage / biscuit Jelly Pears	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit	Cereal Grahams CHOICE #2 Banana nut muffin Applesauce	Cereal Grahams CHOICE #2 Breakfast pizza Diced pineapple
Cereal Grahams CHOICE #2 Mini pancakes Pears	Cereal Grahams CHOICE #2 Kolache Mustard Diced peaches	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit	Cereal Grahams CHOICE #2 Blueberry muffin Applesauce	Cereal Grahams CHOICE #2 Egg / cheese burrito Picante sauce Diced pineapple

Basic Scrambled eggs

Ingredients
 4 eggs
 1/4 cup milk
 2 tsp. butter
 salt & pepper as desired

Instructions

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat, pour in egg mixture
3. As eggs begin to set, gently pull eggs across pan, forming large curds
4. Continue cooking and folding eggs until no visible liquid remains. Remove from heat and serve.

