

Bluecat Cafe

K8 Campus - Breakfast

May



Special Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Grahams CHOICE #2 Mini pancakes Pears 1	Cereal Grahams CHOICE #2 Kolache Mustard Diced peaches 2	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 3	Cereal Grahams CHOICE #2 Blueberry muffin Applesauce 4	Cereal Grahams CHOICE #2 Egg / cheese burrito Picante sauce Diced pineapple 5
Cereal Grahams CHOICE #2 Kolache Mustard Diced pineapples 8	Cereal Grahams CHOICE #2 French toast sticks Syrup Diced peaches 9	Cereal Grahams CHOICE #2 Breakfast pizza Pears 10	Cereal Grahams CHOICE #2 Sausage/biscuit Jelly Applesauce 11	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 12
Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 15	Cereal Grahams CHOICE #2 Banana nut muffin Mandarin oranges 16	Cereal Grahams CHOICE #2 Egg/ cheese burrito Picante sauce Pineapple tidbits 17	Cereal Grahams CHOICE #2 French toast sticks Syrup Pears 18	Cereal Grahams CHOICE #2 Kolache Mustard Applesauce 19
Cereal Grahams CHOICE #2 Breakfast pizza Pears 22	Cereal Grahams CHOICE #2 Mini pancakes Diced peaches 23	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 24	Cereal Grahams CHOICE #2 Sausage/biscuit Jelly Applesauce 25	

Did You Know?

Water makes up more than half of your body weight! Water is used by your blood to carry oxygen through your body, helps digest food, helps fight illness, and allows us to sweat. In the summer, we can sweat a lot and become dehydrated (when the body doesn't have enough water), so it is really important to drink lots of water.



Strawberry Creamsicles

Ingredients

- 12 medium strawberries
- 1 cup Greek yogurt, plain
- Popsicle molds

Instructions

1. Remove green stems and leaves from strawberries.
2. In a blender, blend strawberries into a puree.
3. Layer yogurt and strawberry puree into popsicle molds.
4. Freeze until hard. Enjoy!

