

Bluecat Cafe

K8 Campus - Lunch



Special Announcements:

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

May

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken strips Bread slice Spinach Whipped potatoes Ketchup Fresh orange 1	Pepperoni pizza Pinto beans Green beans Diced pears 2	Chicken spaghetti Breadstick Corn dog Garden salad Baby carrots / ranch Ketchup / mustard Mixed fruit 3	Fish fillet Brd. Chicken patty Broccoli / ranch Black eye peas Ketchup Diced peaches 4	Hot dog Garden salad Pork-n-beans Fresh apple half Mustard/mayo/ketchup Ranch dressing 5
Chicken nuggets Glazed carrots Black eye peas Ketchup Applesauce 8	Chicken fajitas Garden salad Pinto beans Ranch dressing Fresh orange 9	Pork riblet Bread slice Fish fillet Broccoli / ranch Whole kernel corn Ketchup Pears 10	Turkey/chz.sandwich Chili beans Garden salad Ranch/mayo/mustard Diced pineapple 11	Brd. Chicken patty Bread slice Hot dog Sunchip Garden salad Pork-n-beans Ketchup/mustard Fresh apple half 12
Chicken strips Bread slice Corn dog Steamed carrots Whipped potatoes Ketchup/mustard Fresh orange 15	Chicken patty Pepperoni pizza Garden salad Broccoli / ranch Ketchup / mustard Mixed fruit 16	Tex Mex stack Tostado chips Salsa Pickle chips Diced peaches 17	Oven fried chicken Honey wheat roll Fish fillet Bread slice Whole potatoes Green beans Ketchup Diced pineapples 18	Hot dog Garden salad Pork-n-beans Pickle chips Ranch/mayo/mustard Ketchup Fresh apple half 19
Pepperoni pizza Bean / beef burrito Baby carrots/ ranch Green beans Picante sauce Fresh orange 22	Beefy macaroni Chicken strips Garden salad Whole kernel corn Ketchup Pears 23	Chicken nuggets Black eye peas Broccoli Ketchup Mixed fruit 24	Cheeseburger Garden salad Pinto beans Pickle chips Mayo Mustard/ketchup Diced peaches 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!

