

Bluecat Cafe


K8 Campus - Breakfast



Special Announcements:

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

November

Monday	Tuesday	Wednesday	Thursday	Friday
	Cereal Grahams CHOICE #2 Mini pancakes Diced peaches 1	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 2	Cereal Grahams CHOICE #2 Sausage/biscuit Jelly Applesauce 3	Cereal Grahams CHOICE #2 Egg/ cheese burrito Picante sauce Diced pineapple 4
Cereal Grahams CHOICE #2 French toast sticks Syrup Diced peaches 7	Cereal Grahams CHOICE #2 Sausage / biscuit Jelly Tropical fruit 8	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 9	Cereal Grahams CHOICE #2 Banana nut muffin Applesauce 10	Cereal Grahams CHOICE #2 Breakfast pizza Diced pineapple 11
Cereal Grahams CHOICE #2 Mini pancakes Tropical fruit 14	Cereal Grahams CHOICE #2 Kolache Mustard Diced peaches 15	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 16	Cereal Grahams CHOICE #2 Blueberry muffin Applesauce 17	Cereal Grahams CHOICE #2 Egg / cheese burrito Picante sauce Diced pineapple 18



Cereal Grahams CHOICE #2 Kolache Mustard Diced pineapples 28	Cereal Grahams CHOICE #2 French toast sticks Syrup Diced peaches 29	Cereal Grahams CHOICE #2 Breakfast pizza Tropical fruit 30
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Get some Exercise Every Day! Being fit is a way of saying a person eats well, gets a lot of physical activity, and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends!

Did You Know?

Texas scores big as the fourth leading state in commercial pumpkin production and pumpkins generate \$2.4 million dollars for farmers. There are 5,000 to 8,000 acres of pumpkins planted annually in Texas with 90% of them in the west Texas region.



Cheesy Chicken Bagel Pizzas

Ingredients

- 2 plain bagels, sliced in half
- 1/2 cup marinara sauce
- 1 cup shredded rotisserie chicken
- 1 cup shredded mozzarella cheese

Instructions

1. Preheat broiler
2. Place bagel halves, cut sides up, on a baking sheet. Broil 2 minutes or until lightly toasted.
3. Spread 2 Tbsp. marinara on cut side of each bagel half. Top each half with 1/4 cup chicken, and sprinkle with 1/4 cup cheese. Broil bagel halves an additional 2 minutes or until cheese melts.

