

# Bluecat Cafe

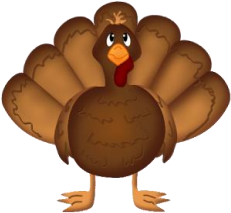
K8 Campus - Lunch

November



## Special Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Beefy macaroni Chicken strips Garden salad Whole kernel corn Ketchup Pears	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	4
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
7	8	9	10	11
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
14	15	16	17	18



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	<b>Get some Exercise Every Day!</b> 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!
28	29	30	

## 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.

