

Bluecat Cafe




K8 Campus - Breakfast



September

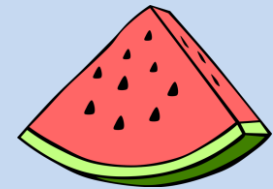
Special Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Cereal Grahams CHOICE #2 French toast sticks Syrup Tropical fruit 1	Cereal Grahams CHOICE #2 Kolache Mustard Applesauce 2
School Holiday 5	Cereal Grahams CHOICE #2 Mini pancakes Diced peaches 6	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 7	Cereal Grahams CHOICE #2 Sausage / biscuit Jelly Applesauce 8	Cereal Grahams CHOICE #2 Egg/ cheese burrito Picante sauce Diced pineapple 9
Cereal Grahams CHOICE #2 French toast sticks Syrup Diced peaches 12	Cereal Grahams CHOICE #2 Sausage / biscuit Jelly Tropical fruit 13	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 14	Cereal Grahams CHOICE #2 Banana nut muffin Mandarin oranges 15	Cereal Grahams CHOICE #2 Breakfast pizza Diced pineapple 16
Cereal Grahams CHOICE #2 Mini pancakes Tropical fruit 19	Cereal Grahams CHOICE #2 Kolache Mustard Diced peaches 20	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 21	Cereal Grahams CHOICE #2 Blueberry muffin Applesauce 22	Cereal Grahams CHOICE #2 Egg / cheese burrito Picante sauce Diced pineapple 23
Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 26	Cereal Grahams CHOICE #2 Banana nut muffin Mandarin oranges 27	Cereal Grahams CHOICE #2 Egg/ cheese burrito Picante sauce Pineapple tidbits 28	Cereal Grahams CHOICE #2 French toast sticks Syrup Tropical fruit 29	Cereal Grahams CHOICE #2 Kolache Mustard Applesauce 30

Did You Know?

Watermelon is a delicious and healthy fruit! do you know how to tell if a melon is ripe? Its belly will go from near white to creamy yellow. Eat like a healthy Texan this month by trying a ripe watermelon!



Cucumber, Watermelon and Feta Salad

Ingredients

- 7 cups seeded [watermelon](#) cubes
- 3 cups cucumbers, halved and sliced
- 1/2 cup feta cheese
- 1/2 cup balsamic vinegar
- 1/3 cup copped mint
- Kosher salt

Instructions

1. Combine watermelon and cucumber in large bowl.
2. Sprinkle feta cheese over top and toss lightly.
3. Drizzle balsamic vinegar over top and scatter mint, add salt to taste.
4. Chill

