

Bluecat Cafe




K8 Campus - Lunch



September

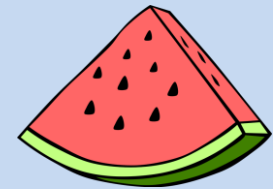
Special Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Crispy tacos Garden salad/ ranch Salsa Pickle chips Peaches	Hotdog Chicken fried steak Whole kernel corn Pork-n-beans Ketchup / mustard Fresh apple half
School Holiday	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
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	Turkey /cheese sandwich Chili beans Garden salad Ranch/mayo/mustard Diced pineapple	Brd. Chicken patty Bread slice Hot dog Sunchip Garden salad Pork-n-beans Ketchup/mustard Fresh apple half
Chicken strips Bread slice Corndog Steamed carrots Whipped potatoes Ketchup /mustard Fresh orange	Chicken patty Pepperoni pizza Garden salad Broccoli / ranch Ketchup / mustard Mixed fruit	Tex Mex stack Tostado chips Salsa Pickle chips Diced peaches	Oven fried chicken Honey wheat roll Fish fillet Bread slice Whole potatoes Green beans Ketchup Diced pineapples	Hot dog Garden salad Pork-n-beans Pickle chips Ranch/mayo/mustard Ketchup Fresh apple half
Pepperoni pizza Bean / beef burrito Baby carrots/ ranch Green beans Picante sauce Fresh orange	Beefy macaroni Chicken strips Garden salad Whole kernel corn Ketchup Pears	Chicken nuggets Black eye peas Broccoli / ranch Ketchup Mixed fruit	Hamburger Garden salad Pinto beans Pickle chips Mayo Mustard / ketchup Diced peaches	Hot dog Pork-n-beans Pickle chips Mayo/mustard/ketchup Fresh apple half

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 for 20 minutes before serving.

