

# Bluecat Cafe

K8 Campus - Breakfast

April



## Special Announcements:

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

## Did You Know?

Vegetables are a great source of vitamins and minerals that your body needs, and they are even fun to eat, if you grow them yourself! Spring is a perfect time to start a garden with your favorite vegetables. Some of the most popular vegetables grown in our part of Texas are tomatoes, squash, peas, green beans, corn, peppers, cucumbers and okra!





## Grilled Veggie Pita

- Ingredients**
- 1/2 cup cream cheese
  - 1 tsp. chives, chopped
  - 1 tsp. parsley
  - 3-4 cups grilled veggies (carrots, zucchini, peppers, eggplant, etc.)
  - 4 whole-wheat pitas
- Instructions**
1. Place cream cheese, chives and parsley in food processor, pulse until herbs are evenly distributed.
  2. Spread 1-2 tablespoons of herbed cream cheese onto inside of each pita.
  3. Stuff each pita evenly with grilled veggies.



Monday      Tuesday      Wednesday      Thursday      Friday

# Spring

<p>Cereal Grahams CHOICE #2</p> <p>Kolache Mustard</p> <p>Diced pineapples <span style="float: right;">3</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>French toast sticks Syrup</p> <p>Diced peaches <span style="float: right;">4</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Breakfast pizza</p> <p>Pears <span style="float: right;">5</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Sausage/biscuit Jelly</p> <p>Applesauce <span style="float: right;">6</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Syrup</p> <p>Mixed fruit <span style="float: right;">7</span></p>
<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Syrup</p> <p>Mixed fruit <span style="float: right;">10</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Banana nut muffin</p> <p>Mandarin oranges <span style="float: right;">11</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Egg/ cheese burrito Picante sauce</p> <p>Pineapple tidbits <span style="float: right;">12</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>French toast sticks Syrup</p> <p>Pears <span style="float: right;">13</span></p>	<p style="text-align: center;"><b>School Holiday</b></p>  <p style="text-align: right;">14</p>
<p>Cereal Grahams CHOICE #2</p> <p>Breakfast pizza</p> <p>Pears <span style="float: right;">17</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Mini pancakes</p> <p>Diced peaches <span style="float: right;">18</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Syrup</p> <p>Mixed fruit <span style="float: right;">19</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Sausage/biscuit Jelly</p> <p>Applesauce <span style="float: right;">20</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Egg/ cheese burrito Picante sauce</p> <p>Diced pineapple <span style="float: right;">21</span></p>
<p>Cereal Grahams CHOICE #2</p> <p>French toast sticks Syrup</p> <p>Diced peaches <span style="float: right;">24</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Sausage / biscuit Jelly</p> <p>Pears <span style="float: right;">25</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Syrup</p> <p>Mixed fruit <span style="float: right;">26</span></p>	<p>Cereal Grahams CHOICE #2</p> <p>Banana nut muffin</p> <p>Applesauce <span style="float: right;">27</span></p>	<p style="text-align: center;"><b>School Holiday</b></p>  <p style="text-align: right;">28</p>