

Bluecat Cafe

K8 Campus - Breakfast

January



Special Announcements:

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



	Tuesday	Wednesday	Thursday	Friday
	Cereal Grahams CHOICE #2 Sausage / biscuit Jelly Tropical fruit 3	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 4	Cereal Grahams CHOICE #2 Banana nut muffin Applesauce 5	Cereal Grahams CHOICE #2 Breakfast pizza Diced pineapple 6
	Cereal Grahams CHOICE #2 Mini pancakes Tropical fruit 9	Cereal Grahams CHOICE #2 Kolache Mustard Diced peaches 10	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 11	Cereal Grahams CHOICE #2 Egg / cheese burrito Picante sauce Diced pineapple 13
School Holiday  16	Cereal Grahams CHOICE #2 French toast sticks Syrup Diced peaches 17	Cereal Grahams CHOICE #2 Breakfast pizza Tropical fruit 18	Cereal Grahams CHOICE #2 Sausage/biscuit Jelly Applesauce 19	Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 20
Cereal Grahams CHOICE #2 Pancake stick Syrup Mixed fruit 23	Cereal Grahams CHOICE #2 Banana nut muffin Mandarin oranges 24	Cereal Grahams CHOICE #2 Egg/ cheese burrito Picante sauce Pineapple tidbits 25	Cereal Grahams CHOICE #2 French toast sticks Syrup Tropical fruit 26	Cereal Grahams CHOICE #2 Kolache Mustard Applesauce 27
Cereal Grahams CHOICE #2 Breakfast Pizza Tropical fruit 30	Cereal Grahams CHOICE #2 Mini pancakes Diced peaches 31	<h1 style="color: blue; text-decoration: underline;">Let It SNOW</h1>		

Did You Know?

Vitamin C is like your own personal bodyguard! It helps your body fight off disease and heal wounds. It also helps keep teeth and gums healthy. The body cannot store Vitamin C -- so you should have a Vitamin C-rich food every day. Vitamin C is in oranges, grapefruit, lemons, limes, blueberries, strawberries and tomatoes. Also look for bell peppers, spinach, broccoli, and potatoes!

Ham & Cheese Quesadillas

Ingredients

- 4 10-inch flour tortillas
- 1 lb. fresh mozzarella, thinly sliced
- 1/2 lb. thinly sliced deli ham

Instructions

1. Heat broiler.
2. On half of each tortilla, layer the mozzarella and ham. fold the other tortilla half over to cover. Place on a broilerproof sheet pan.
3. Broil until the cheese has melted and the tortillas are browned, 2 to 3 minutes per side.
4. Cut into wedges and enjoy!

