

Bluecat Cafe

K8 Campus - Lunch



January



Special Announcements:

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



	Tuesday	Wednesday	Thursday	Friday
	Chicken ranch wrap Spinach Strawberries Ranch dressing 3	Beef stew Crackers Corndog Steamed broccoli Black eye peas Fresh orange Mustard / ketchup 4	Crispy tacos Garden salad/ ranch Salsa Pickle chips Peaches 5	Hotdog Chicken fried steak Whole kernel corn Pork-n-beans Ketchup / mustard Fresh apple half 6
Chicken strips Bread slice Spinach Whipped potatoes Ketchup Fresh orange 9	Pepperoni pizza Pinto beans Green beans Diced pears 10	Chicken spaghetti Breadstick Corndog Garden salad Baby carrots / ranch Ketchup / mustard Mixed fruit 11	Fish fillet Brd. Chicken patty Broccoli / ranch Black eye peas Ketchup Diced peaches 12	Hot dog Garden salad Pork-n-beans Fresh apple half Mustard/mayo/ketchup Ranch dressing 13
School Holiday  16	Chicken fajitas Garden salad Pinto beans Ranch dressing Fresh orange 17	Pork riblet Bread slice Fish fillet Broccoli / ranch Whole kernel corn Ketchup Pears 18	Turkey/chz.sandwich Chili beans Garden salad Ranch/mayo/mustard Diced pineapple 19	Brd. Chicken patty Bread slice Hot dog Sunchip Garden salad Pork-n-beans Ketchup/mustard Fresh apple half 20
Chicken strips Bread slice Corndog Steamed carrots Whipped potatoes Ketchup /mustard Fresh orange 23	Chicken patty Pepperoni pizza Garden salad Broccoli / ranch Ketchup / mustard Mixed fruit 24	Tex Mex stack Tostado chips Salsa Pickle chips Diced peaches 25	Oven fried chicken Honey wheat roll Fish fillet Bread slice Whole potatoes Green beans Ketchup Diced pineapples 26	Hot dog Garden salad Pork-n-beans Pickle chips Ranch/mayo/mustard Ketchup Fresh apple half 27
Pepperoni pizza Bean/beef burrito Baby carrots/ranch Green beans Picante sauce Fresh orange 30	Beefy macaroni Chicken strips Garden salad Whole kernal corn Ketchup Pears 31			

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!

