

# Bluecat Cafe

K8 Campus - Lunch



March



## Special Announcements:

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

Tuesday	Wednesday	Thursday	Friday
	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 Ketchup Mixed fruit	Hot dog Pork-n-beans Pickle chips Mayo/mustard/ketchup Fresh apple half
6	7	8	10

## Did You Know?

Eggs are a great source of protein! They are also gluten free, carb free, and sugar free! Eggs contain Vitamin A, Vitamin D, all the B Vitamins, iron, choline and protein. They help build muscle strength, maintain brain and memory function, produce energy, and help your immune system. The average American eats 250 eggs per year!



## Basic Scrambled eggs

### Ingredients

- 4 eggs
- 1/4 cup milk
- 2 tsp. butter
- salt & pepper as desired

### Instructions

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat, pour in egg mixture
3. As eggs begin to set, gently pull eggs across pan, forming large curds
4. Continue cooking and folding eggs until no visible liquid remains. Remove from heat and serve.



# Spring Break



13	14	15	16	17
Pepperoni pizza Bean / beef burrito Baby carrots / ranch Green beans Picante sauce Pears	Chicken ranch wrap Spinach Strawberries Ranch dressing	Beef stew Crackers Corndog Steamed broccoli Black eye peas Fresh orange Mustard / ketchup	Crispy tacos Garden salad/ ranch Salsa Pickle chips Peaches	Hotdog Chicken fried steak Whole kernel corn Pork-n-beans Ketchup / mustard Fresh apple half
20	21	22	23	24
Chicken strips Bread slice Spinach Whipped potatoes Ketchup Fresh orange	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
27	28	29	30	31