

Bluecat Snack Bar

HS Campus - Breakfast



February

Special Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 1	Cereal Grahams CHOICE #2 Sausage / biscuit Grahams Jelly Applesauce 2	Cereal Grahams CHOICE #2 Egg/cheese burrito Grahams Picante sauce Diced pineapple 3
Cereal Grahams CHOICE #2 French toast sticks Grahams Syrup Diced peaches 6	Cereal Grahams CHOICE #2 Sausage / biscuit Grahams Jelly Pears 7	Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 8	Cereal Grahams CHOICE #2 Banana nut muffin Grahams Mandarin oranges 9	Cereal Grahams CHOICE #2 Breakfast pizza Grahams Diced pineapple 10
Cereal Grahams CHOICE #2 Mini pancakes Grahams Pears 13	Cereal Grahams CHOICE #2 Kolache Grahams Mustard Diced peaches 14	Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 15	Cereal Grahams CHOICE #2 Blueberry muffin Grahams Applesauce 16	Cereal Grahams CHOICE #2 Egg/cheese burrito Grahams Picante sauce Diced pineapple 17
Cereal Grahams CHOICE #2 Kolache Grahams Mustard Diced pineapples 20	Cereal Grahams CHOICE #2 French toast sticks Grahams Syrup Diced peaches 21	Cereal Grahams CHOICE #2 Breakfast pizza Grahams Pears 22	Cereal Grahams CHOICE #2 Sausage / biscuit Grahams Jelly Applesauce 23	Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 24
Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 27	Cereal Grahams CHOICE #2 Banana nut muffin Grahams Mandarin oranges 28			

Did You Know?

February is National Heart Health month! You can maintain good heart health by getting 60 minutes of exercise or physical activity every day! Grab healthy snacks like fruit, veggie sticks, or yogurt and drink lots of water. Foods and drinks that have a lot of sugar or fat make an unhappy heart - so eat right!



Honey Mustard Glazed Salmon

Ingredients

- 1 Tbsp. honey
- 1 Tbsp. Dijon mustard
- 1 tsp. canola oil
- 1 4-oz salmon steak

Instructions

1. Preheat oven to 400 degrees.
2. In a small bowl, mix honey, mustard, and oil.
3. Place salmon steak on a foil-lined baking dish and brush with honey-mustard glaze.
4. Bake until salmon is cooked through, about 8 minutes.

