

Bluecat Snack Bar

HS Campus - Lunch



February

Special Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Ham Hoagie/sunchip Chicken nuggets/Brd.slices Broccoli Black eye peas Mayo / mustard Ketchup Fresh apple half	Chick.patty/brd.slices Fish filet/Brd.slice Whole potatoes Green beans Ketchup Diced pears	Cheese burger Hot dog Sunchips Garden salad Park-n-beans Onion Ketchup/mayo/mustard Mixed fruit
Pepperoni pizza Bean / beef burrito Baby carrots / ranch Green beans Picante sauce Pears	Chicken ranch wrap Corndog Spinach Ranch Strawberries	Beef stew Crackers Sunchip Corndog Steamed broccoli Black eye peas Ketchup / mustard Fresh orange	Crispy tacos Tostado chips Chicken nuggets Bread slices Garden salad / ranch Salsa/ honey mustard Pickle chips Peaches	Hotdog Tostado chips Chicken fried steak Bread slices Pork-n-beans Whole kernel corn Mustard / ketchup Fresh apple half
Brd. Steak patty Chicken strips Bread slice Baby carrots Spinach Whipped potatoes Fresh orange Honey must./ketchup	Pepperoni pizza/ w mozzarella stick/tort.chips Beef/ bean burrito Pinto beans Green beans Picante sauce Fresh apple	Chicken spaghetti/ w Breadsticks (2) Corndog Garden salad Baby carrots/ ranch Ketchup / mustard Pears	Fish filet/ bread slice Brd.Chicken patty/bun Broccoli Black eye peas Ketchup/ mayo Diced peaches	Cheese burger Hot dog Sunchip Garden salad / onion Mustard/ketchup/mayo Mixed fruit Whole fresh apple
Steak fingers / roll Chicken nuggets/ roll Glazed carrots Black eye peas Ketchup/honey must. Fresh orange	Nachos grande/ w tostado chips Beef / bean burrito Pinto beans Green beans Picante sauce Diced pears	Riblet on a bun/sunchip Fish Filet/ Brd.slice Broccoli Whole kernel corn Ketchup / mustard Diced peaches	Turkey/chz. Sandwich w/ sunchip Corndog Garden salad Baby carrots/ranch Mayo/mustard/ketchup Fresh apple half	Brd.chicken patty Hot dog Sunchip Garden salad Pork-n-beans Mustard/ketchup/mayo Ranch Mixed fruit
Chick.strips/brd.slices Pepperoni pizza /w mozzarella stick and tortilla chips Green peas Whipped potatoes Ketchup/honey must. Fresh orange	Corndog Chicken nuggets/brd.slice Broccoli Steamed carrots Ketchup/mustard Honey mustard Fresh whole apple			

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.



Happy Valentine's Day

