

Bluecat Snack Bar

HS Campus - Breakfast



March



Special Announcements:

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

	Tuesday	Wednesday	Thursday	Friday
		Cereal Grahams CHOICE #2 Egg/cheese burrito Grahams Picante sauce Pineapple tidbits	Cereal Grahams CHOICE #2 French toast sticks Grahams Syrup Pears	Cereal Grahams CHOICE #2 Kolache Grahams Mustard Applesauce
Cereal Grahams CHOICE #2 Breakfast pizza Grahams Pears	Cereal Grahams CHOICE #2 Mini pancakes Grahams Diced peaches	Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit	Cereal Grahams CHOICE #2 Sausage / biscuit Grahams Jelly Applesauce	Cereal Grahams CHOICE #2 Egg/cheese burrito Grahams Picante sauce Diced pineapple
6	7	8	9	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				
Cereal Grahams CHOICE #2 French toast sticks Grahams Syrup Diced peaches	Cereal Grahams CHOICE #2 Sausage / biscuit Grahams Jelly Pears	Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit	Cereal Grahams CHOICE #2 Banana nut muffin Grahams Mandarin oranges	Cereal Grahams CHOICE #2 Breakfast pizza Grahams Diced pineapple
20	21	22	23	24
Cereal Grahams CHOICE #2 Mini pancakes Grahams Pears	Cereal Grahams CHOICE #2 Kolache Grahams Mustard Diced peaches	Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit	Cereal Grahams CHOICE #2 Blueberry muffin Grahams Applesauce	Cereal Grahams CHOICE #2 Egg/cheese burrito Grahams Picante sauce Diced pineapple
27	28	29	30	31