Bluecat Snack Bar

HS Campus - Lunch



Special Announcements:

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





6

20

27

Wednesday Tex mex stack/ w

spanish rice Beef / bean burrito Garden salad Pinto beans Picante sauce/ranch Diced pears

Thursday Oven fried chicken/ w

breadslices Fish Filet/bread Whole potatoes Green beans Ketchup Mixed fruit

Friday

Cheese buraer Hot dog Sunchips Garden salad Pork-n-beans Onion Ketchup/mayo/mustard

Diced peaches

Cheese burger Hot doa

Sunchips Garden salad

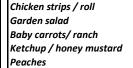
Pork-n-beans

Onion Ketchup/mayo/mustard 10 Mixed fruit

Garden salad Pinto beans Ketchup / mustard Picante sauce Fresh orange

Bean/ beef burrito

Corndoa



Beefy macaroni/ roll

Tuesday

Ham Hoagie/sunchip Chicken nuagets/Brd.slices Broccoli Black eve peas Mayo / mustard Ketchup

Fresh apple half

Fish filet/Brd.slice Whole potatoes Green beans Ketchup Diced pears

Chick.patty/brd.slices



Spring Break



22

29

8

Pepperoni pizza Bean / beef burrito Baby carrots / ranch Green beans Picante sauce Pears

Chicken ranch wrap Corndoa Spinach Ranch Strawberries

Beef stew Crackers Sunchip Corndoa Steamed broccoli Black eye peas Ketchup / mustard

Fresh orange

28

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

23

30

24

31

Brd. Steak patty Chicken strips Bread slice Baby carrots Spinach Whipped potatoes

Fresh oranae

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) Corndoa Garden salad Baby carrots/ ranch Ketchup / mustard Pears

Fish filet/bread slice Brd.Chicken patty/bun Broccoli Black eve peas Ketchup/ mayo Diced peaches

Cheese burger Hot dog Sunchip Garden salad / onion Mustard/ketchup/mayo Mixed fruit Whole fresh apple



Basic Scrambled eggs

Did You Know?

Eggs are a great source of

aluten free, carb free, and

the B Vitamins, iron, choline

maintain brain and memory

American eats 250 eggs per

function, produce energy,

sugar free! Eggs contain

Vitamin A, Vitamin D, all

and protein. They help

build muscle strength,

and help your immune

system. The average

protein! They are also

Ingredients

4 eggs

year!

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
- 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.