

# Bluecat Snack Bar

HS Campus - Lunch



March



## Special Announcements:

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

Tuesday	Wednesday	Thursday	Friday
	Tex mex stack/ w spanish rice Beef / bean burrito Garden salad Pinto beans Picante sauce/ranch Diced pears	Oven fried chicken/ w breadslices Fish Filet/ bread Whole potatoes Green beans Ketchup Mixed fruit	Cheese burger Hot dog Sunchips Garden salad Pork-n-beans Onion Ketchup/mayo/mustard Diced peaches
Corndog Bean/ beef burrito Garden salad Pinto beans Ketchup / mustard Picante sauce Fresh orange	Beefy macaroni/ roll Chicken strips / roll Garden salad Baby carrots/ ranch Ketchup / honey mustard Peaches	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 Pork-n-beans Onion Ketchup/mayo/mustard Mixed fruit			

## 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



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