

# Bluecat Snack Bar

HS Campus - Breakfast



May

## Special Announcements:

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

## Did You Know?

Water makes up more than half of your body weight! Water is used by your blood to carry oxygen through your body, helps digest food, helps fight illness, and allows us to sweat. In the summer, we can sweat a lot and become dehydrated (when the body doesn't have enough water), so it is really important to drink lots of water.



Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Grahams CHOICE #2  Mini pancakes Grahams  Pears <span style="float: right;">1</span>	Cereal Grahams CHOICE #2  Kolache Grahams Mustard Diced peaches <span style="float: right;">2</span>	Cereal Grahams CHOICE #2  Pancake stick Grahams Syrup Mixed fruit <span style="float: right;">3</span>	Cereal Grahams CHOICE #2  Blueberry muffin Grahams  Applesauce <span style="float: right;">4</span>	Cereal Grahams CHOICE #2  Egg/cheese burrito Grahams Picante sauce Diced pineapple <span style="float: right;">5</span>
Cereal Grahams CHOICE #2  Kolache Grahams Mustard Diced pineapples <span style="float: right;">8</span>	Cereal Grahams CHOICE #2  French toast sticks Grahams Syrup Diced peaches <span style="float: right;">9</span>	Cereal Grahams CHOICE #2  Breakfast pizza Grahams  Pears <span style="float: right;">10</span>	Cereal Grahams CHOICE #2  Sausage / biscuit Grahams Jelly Applesauce <span style="float: right;">11</span>	Cereal Grahams CHOICE #2  Pancake stick Grahams Syrup Mixed fruit <span style="float: right;">12</span>
Cereal Grahams CHOICE #2  Pancake stick Grahams Syrup Mixed fruit <span style="float: right;">15</span>	Cereal Grahams CHOICE #2  Banana nut muffin Grahams  Mandarin oranges <span style="float: right;">16</span>	Cereal Grahams CHOICE #2  Egg/cheese burrito Grahams Picante sauce Pineapple tidbits <span style="float: right;">17</span>	Cereal Grahams CHOICE #2  French toast sticks Grahams Syrup Pears <span style="float: right;">18</span>	Cereal Grahams CHOICE #2  Kolache Grahams Mustard Applesauce <span style="float: right;">19</span>
Cereal Grahams CHOICE #2  Breakfast pizza Grahams  Pears <span style="float: right;">22</span>	Cereal Grahams CHOICE #2  Mini pancakes Grahams  Diced peaches <span style="float: right;">23</span>	Cereal Grahams CHOICE #2  Pancake stick Grahams Syrup Mixed fruit <span style="float: right;">24</span>	Cereal Grahams CHOICE #2  Sausage / biscuit Grahams Jelly Applesauce <span style="float: right;">25</span>	

## Strawberry Creamsicles

### Ingredients

- 12 medium strawberries
- 1 cup Greek yogurt, plain
- Popsicle molds

### Instructions

1. Remove green stems and leaves from strawberries.
2. In a blender, blend strawberries into a puree.
3. Layer yogurt and strawberry puree into popsicle molds.
4. Freeze until hard. Enjoy!

