

Bluecat Snack Bar

HS Campus - Lunch



May

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
Brd. Steak patty Chicken strips Bread slice Baby carrots Spinach Whipped potatoes Fresh orange Honey must./ketchup 1	Pepperoni pizza/ w mozzarella stick/tort.chips Beef/ bean burrito Pinto beans Green beans Picante sauce Fresh apple 2	Chicken spaghetti/ w Breadsticks (2) Corndog Garden salad Baby carrots/ ranch Ketchup / mustard Pears 3	Fish filet/ bread slice Brd.Chicken patty/bun Broccoli Black eye peas Ketchup/ mayo Diced peaches 4	Cheese burger Hot dog Sunchip Garden salad / onion Mustard/ketchup/mayo Mixed fruit Whole fresh apple 5
Steak fingers / roll Chicken nuggets/ roll Glazed carrots Black eye peas Ketchup/honey must. Fresh orange 8	Nachos grande/ w tostado chips Beef / bean burrito Pinto beans Green beans Picante sauce Diced pears 9	Riblet on a bun/sunchip Fish Filet/ Brd.slice Broccoli Whole kernel corn Ketchup / mustard Diced peaches 10	Turkey/chz. Sandwich w/ sunchip Corndog Garden salad Baby carrots/ranch Mayo/mustard/ketchup Fresh apple half 11	Brd.chicken patty Hot dog Sunchip Garden salad Pork-n-beans Mustard/ketchup/mayo Ranch Mixed fruit 12
Chicken strips/bread slice Pepperoni pizza/ w mozzarella stick/tort.chips Green beans Whipped potatoes Honey must./ketchup Fresh orange 15	Corndog Chicken nuggets/brd.slice Broccoli Steamed carrots Ketchup/mustard Honey mustard Fresh whole apple 16	Tex mex stack/ w spanish rice Beef / bean burrito Garden salad Pinto beans Picante sauce/ranch Diced pears 17	Oven fried chicken/ w breadslices Fish Filet/ bread Whole potatoes Green beans Ketchup Mixed fruit 18	Cheese burger Hot dog Sunchips Garden salad Pork-n-beans Onion Ketchup/mayo/mustard Diced peaches 19
Corndog Bean/ beef burrito Garden salad Pinto beans Ketchup / mustard Picante sauce Fresh orange 22	Beefy macaroni/ roll Chicken strips / roll Garden salad Baby carrots/ ranch Ketchup / honey mustard Peaches 23	Ham Hoagie/sunchip Chicken nuggets/Brd.slices Broccoli Black eye peas Mayo / mustard Ketchup Fresh apple half 24	Chick.patty/brd.slices Fish filet/Brd.slice Whole potatoes Green beans Ketchup Diced pears 25	

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.



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!

