

Bluecat Snack Bar

HS Campus - Breakfast

April



Special Announcements:

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

Did You Know?

Vegetables are a great source of vitamins and minerals that your body needs, and they are even fun to eat, if you grow them yourself! Spring is a perfect time to start a garden with your favorite vegetables. Some of the most popular vegetables grown in our part of Texas are tomatoes, squash, peas, green beans, corn, peppers, cucumbers and okra!



Grilled Veggie Pita

Ingredients

- 1/2 cup cream cheese
- 1 tsp. chives, chopped
- 1 tsp. parsley
- 3-4 cups grilled veggies (carrots, zucchini, peppers, eggplant, etc.)
- 4 whole-wheat pitas

Instructions

1. Place cream cheese, chives and parsley in food processor, pulse until herbs are evenly distributed.
2. Spread 1-2 tablespoons of herbed cream cheese onto inside of each pita.
3. Stuff each pita evenly with grilled veggies.



Monday Tuesday Wednesday Thursday Friday

Spring

<p>Cereal Grahams CHOICE #2</p> <p>Kolache Grahams Mustard Diced pineapples</p> <p>3</p>	<p>Cereal Grahams CHOICE #2</p> <p>French toast sticks Grahams Syrup Diced peaches</p> <p>4</p>	<p>Cereal Grahams CHOICE #2</p> <p>Breakfast pizza Grahams Pears</p> <p>5</p>	<p>Cereal Grahams CHOICE #2</p> <p>Sausage / biscuit Grahams Jelly Applesauce</p> <p>6</p>	<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Grahams Syrup Mixed fruit</p> <p>7</p>
<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Grahams Syrup Mixed fruit</p> <p>10</p>	<p>Cereal Grahams CHOICE #2</p> <p>Banana nut muffin Grahams Mandarin oranges</p> <p>11</p>	<p>Cereal Grahams CHOICE #2</p> <p>Egg/cheese burrito Grahams Picante sauce Pineapple tidbits</p> <p>12</p>	<p>Cereal Grahams CHOICE #2</p> <p>French toast sticks Grahams Syrup Pears</p> <p>13</p>	<p>School Holiday</p> <p>14</p>
<p>Cereal Grahams CHOICE #2</p> <p>Breakfast pizza Grahams Pears</p> <p>17</p>	<p>Cereal Grahams CHOICE #2</p> <p>Mini pancakes Grahams Diced peaches</p> <p>18</p>	<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Grahams Syrup Mixed fruit</p> <p>19</p>	<p>Cereal Grahams CHOICE #2</p> <p>Sausage / biscuit Grahams Jelly Applesauce</p> <p>20</p>	<p>Cereal Grahams CHOICE #2</p> <p>Egg/cheese burrito Grahams Picante sauce Diced pineapple</p> <p>21</p>
<p>Cereal Grahams CHOICE #2</p> <p>French toast sticks Grahams Syrup Diced peaches</p> <p>24</p>	<p>Cereal Grahams CHOICE #2</p> <p>Sausage / biscuit Grahams Jelly Pears</p> <p>25</p>	<p>Cereal Grahams CHOICE #2</p> <p>Pancake stick Grahams Syrup Mixed fruit</p> <p>26</p>	<p>Cereal Grahams CHOICE #2</p> <p>Banana nut muffin Grahams Mandarin oranges</p> <p>27</p>	<p>School Holiday</p> <p>28</p>