

Bluecat Snack Bar

HS Campus - Breakfast

January



Special Announcements:

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



Tuesday	Wednesday	Thursday	Friday
Cereal Grahams CHOICE #2 Sausage / biscuit Grahams Jelly Tropical fruit 3	Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 4	Cereal Grahams CHOICE #2 Banana nut muffin Grahams Mandarin oranges 5	Cereal Grahams CHOICE #2 Breakfast pizza Grahams Diced pineapple 6

Cereal Grahams CHOICE #2 Mini pancakes Grahams Tropical fruit 9

Cereal Grahams CHOICE #2 Kolache Grahams Mustard Diced peaches 10
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Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 11
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Cereal Grahams CHOICE #2 Blueberry muffin Grahams Applesauce 12

Cereal Grahams CHOICE #2 Egg/cheese burrito Grahams Picante sauce Diced pineapple 13

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Cereal Grahams CHOICE #2 French toast sticks Grahams Syrup Diced peaches 17
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Cereal Grahams CHOICE #2 Breakfast pizza Grahams Tropical fruit 18
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Cereal Grahams CHOICE #2 Sausage / biscuit Grahams Jelly Applesauce 19

Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 20
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Cereal Grahams CHOICE #2 Pancake stick Grahams Syrup Mixed fruit 23
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Cereal Grahams CHOICE #2 Banana nut muffin Grahams Mandarin oranges 24
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Cereal Grahams CHOICE #2 Egg/cheese burrito Grahams Picante sauce Pineapple tidbits 25

Cereal Grahams CHOICE #2 French toast sticks Grahams Syrup Tropical fruit 26

Cereal Grahams CHOICE #2 Kolache Grahams Mustard Applesauce 27

Cereal Grahams CHOICE #2 Breakfast Pizza Grahams Tropical Fruit 30
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Cereal Grahams CHOICE #2 Mini pancakes Grahams Diced peaches 31

Let It
SNOW

Did You Know?

Vitamin C is like your own personal bodyguard! It helps your body fight off disease and heal wounds. It also helps keep teeth and gums healthy. The body cannot store Vitamin C -- so you should have a Vitamin C-rich food every day. Vitamin C is in oranges, grapefruit, lemons, limes, blueberries, strawberries and tomatoes. Also look for bell peppers, spinach, broccoli, and potatoes!

Ham & Cheese Quesadillas

- Ingredients**
- 4 10-inch flour tortillas
 - 1 lb. fresh mozzarella, thinly sliced
 - 1/2 lb. thinly sliced deli ham
- Instructions**
1. Heat broiler.
 2. On half of each tortilla, layer the mozzarella and ham. fold the other tortilla half over to cover. Place on a broilerproof sheet pan.
 3. Broil until the cheese has melted and the tortillas are browned, 2 to 3 minutes per side.
 4. Cut into wedges and enjoy!

