Bluecat Snack Bar

HS Campus - Lunch

January



Tuesday Chicken ranch wrap Corndog Spinach Ranch Strawberries

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 10

Beef stew

Crackers

Sunchip

Corndog

Steamed broccoli

Ketchup / mustard

Black eye peas

Fresh orange

11 Riblet on a bun/sunchip Fish Filet/ Brd.slice Broccoli Whole kernel corn Ketchup / mustard Diced peaches

Tex mex stack/ w 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

Did You Know?

Vitamin C is like your own personal bodyquard! 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 vou 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!

Wednesdav

Thursday

and Friday

Special Announcements:

Grape juice offered Monday, Wednesday

* Fruit punch offered Tuesday and Thursday

Hotdoa

Tostado chips

Bread slices

Pork-n-beans

Mixed fruit

Hot doa

Sunchip

Ranch

Garden salad

Pork-n-beans

Mixed fruit

Mustard/ketchup/mayo

Whole fresh apple

Brd.chicken patty

Chicken fried steak

Whole kernel corn

Choice of milk each day

Crispy tacos Tostado chips Chicken nuggets **Bread slices** Garden salad / ranch Salsa/ honey mustard Pickle chips

Diced peaches

w/ sunchip

Garden salad

Baby carrots/ranch

Fresh apple half

Mayo/mustard/ketchup

Corndoa

18

25

Turkey/chz. Sandwich

Mustard / ketchup Peaches Fresh apple half Fish filet/ bread slice Cheese burger Brd.Chicken patty/bun Hot dog Broccoli Sunchip Black eye peas Garden salad / onion Ketchup/ mayo Mustard/ketchup/mayo

12

19

26

Brd. Steak patty

Chicken strips

Bread slice

Spinach

Baby carrots

Fresh orange

Whipped potatoes

Honey must./ketchup

Chick.strips/brd.slices

Pepperoni pizza /w

mozzarella stick and

Whipped potatoes

Beef/bean burrito Garden salad

Ketchup/mustard

Ketchup/honey must.

tortilla chips Green peas

Fresh orange

Pinto beans

Corndog



tostado chips Beef / bean burrito Pinto beans Green beans Picante sauce Diced pears

17

Broccoli Steamed carrots Ketchup/mustard Honev mustard Fresh whole apple spanish rice Beef / bean burrito Garden salad Pinto beans Picante sauce/ranch

24

31

4. Cut into wedges and enjoy! 27



School Holiday



Nachos grande/ w

Corndog Chicken nuggets/brd.slice

Beefy macaroni/roll Chicken strips/roll

Garden salad Baby carrots/ranch Ketchup/honey mustard

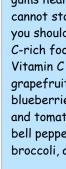
Picante sauce Peaches

23

30

Fresh orange

Friday





Ingredients

13

20

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.

