

Bluecat Snack Bar

HS Campus - Lunch



January



Special Announcements:

- * Choice of milk each day
- * Grape juice offered Monday, Wednesday and Friday
- * Fruit punch offered Tuesday and Thursday



	Tuesday	Wednesday	Thursday	Friday
	Chicken ranch wrap Corndog Spinach Ranch Strawberries 3	Beef stew Crackers Sunchip Corndog Steamed broccoli Black eye peas Ketchup / mustard Fresh orange 4	Crispy tacos Tostado chips Chicken nuggets Bread slices Garden salad / ranch Salsa/ honey mustard Pickle chips Peaches 5	Hotdog Tostado chips Chicken fried steak Bread slices Pork-n-beans Whole kernel corn Mustard / ketchup Fresh apple half 6
	Brd. Steak patty Chicken strips Bread slice Baby carrots Spinach Whipped potatoes Fresh orange Honey must./ketchup 9	Pepperoni pizza/ w mozzarella stick/tort.chips Beef/ bean burrito Pinto beans Green beans Picante sauce Fresh apple 10	Chicken spaghetti/ w Breadsticks (2) Corndog Garden salad Baby carrots/ ranch Ketchup / mustard Pears 11	Fish filet/ bread slice Brd.Chicken patty/bun Broccoli Black eye peas Ketchup/ mayo Diced peaches 12
School Holiday  16	Nachos grande/ w tostado chips Beef / bean burrito Pinto beans Green beans Picante sauce Diced pears 17	Riblet on a bun/sunchip Fish Filet/ Brd.slice Broccoli Whole kernel corn Ketchup / mustard Diced peaches 18	Turkey/chz. Sandwich w/ sunchip Corndog Garden salad Baby carrots/ranch Mayo/mustard/ketchup Fresh apple half 19	Brd.chicken patty Hot dog Sunchip Garden salad Pork-n-beans Mustard/ketchup/mayo Ranch Mixed fruit 20
Chick.strips/brd.slices Pepperoni pizza /w mozzarella stick and tortilla chips Green peas Whipped potatoes Ketchup/honey must. Fresh orange 23	Corndog Chicken nuggets/brd.slice Broccoli Steamed carrots Ketchup/mustard Honey mustard Fresh whole apple 24	Tex mex stack/ w spanish rice Beef / bean burrito Garden salad Pinto beans Picante sauce/ranch Diced pears 25	Oven fried chicken/ w breadslices Fish Filet/ bread Whole potatoes Green beans Ketchup Mixed fruit 26	Cheese burger Hot dog Sunchips Garden salad Pork-n-beans Onion Ketchup/mayo/mustard Diced peaches 27
Corndog Beef/bean burrito Garden salad Pinto beans Ketchup/mustard Picante sauce Fresh orange 30	Beefy macaroni/roll Chicken strips/roll Garden salad Baby carrots/ranch Ketchup/honey mustard Peaches 31			

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!

