

# Henry W. Moore Bell Café

## September Menu

All meals are served w/choice of skim, 1% or nonfat chocolate milk. Every student must pick either a fruit or veggie to make their meal count!  
 This menu meets the nutritional guidelines for the National School Lunch Program. **USDA is an equal opportunity provider and employer.**  
 PB&J and ala carte are available daily. Ala carte and snack choices vary starting at \$.50 - \$1.50.  
*Menu subject to change without notice due to product availability.*

**Breakfast: \$1.50/ (R) \$.30 Lunch: \$2.75 / (R) \$.40 – Teacher: \$3.50 - Milk: \$.50 - OJ or Small Water: \$.50 - Large Water: \$1.00**

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Please note lunch price increase to \$2.75.</i>		<b>31</b> Choice of Pizza Garden Salad or Baby Carrots Choice of Fruit	<b>1</b> Chicken Teriyaki over Rice Oriental Mixed Veggies or Corn Bread Stick Choice of Fruit
<b>4</b>  <b><i>NO SCHOOL</i></b>	<b>5</b> Chicken Tenders Oven Fries or Green Beans Dinner Roll Choice of Fruit	<b>6</b> Meatball Sub w/Sauce & Cheese Roasted Mixed Veggies or Spinach Choice of Fruit	<b>7</b> Choice of Pizza Garden Salad or Celery Choice of Fruit	<b>8</b> Beef & Cheese Taco Boat w/Cheese Rice Carrots or Black Bean Salad Choice of Fruit
<b>11</b> French Toast Sticks w/Syrup Yogurt or Ham Slice Hash Brown or Baked Beans Choice of Fruit	<b>12</b> Rib-a-que Sandwich Sweet Potato Fries or Corn Choice of Fruit	<b>13</b> Mozzarella Sticks w/Marinara Sauce Roasted Mixed Veggies or Peas Choice of Fruit	<b>14</b> Choice of Pizza Garden Salad or Broccoli Florets Choice of Fruit	<b>15</b> Popcorn Chicken w/Orange Sauce Baked “Fried” Rice Green Beans or Mixed Veggies Choice of Fruit
<b>18</b> Breakfast Sandwich (Sausage, Egg and Cheese on Croissant) Hash Brown or Baked Beans Choice of Fruit	<b>19</b> Chicken Nuggets w/Dipping Sauce Rice Carrots or Peas Choice of Fruit	<b>20</b> Chicken Parm over Penne Pasta Garlic Bread Stick Green Beans or Roasted Broccoli Choice of Fruit	<b>21</b> Choice of Pizza Garden Salad or Baby Carrots Choice of Fruit	<b>22</b> Beef & Cheese Nachos Spanish Rice Corn or Mixed Veggies Choice of Fruit
<b>25</b> Pancakes w/Syrup Ham or Cheese Stick Home Fries or Baked Beans Choice of Fruit	<b>26</b> Breaded Chicken Drumstick Sweet Potato Fries or Spinach Bread Stick Choice of Fruit	<b>27</b> Cheese Filled Bosco Sticks w/Sauce Roasted Broccoli or Cauliflower Choice of Fruit	<b>28</b> Choice of Pizza Garden Salad or Red Pepper Strips Choice of Fruit	<b>29</b>  <b><i>NO SCHOOL</i></b>

**Please see reverse side for exciting new menu options and an explanation of our program.**

**Available to all grades starting in April**  
**"The Lancer Lunchbox"**

Grab and Go meals just like a Lunchable, but made in Café.

***Pizza Lunchbox:***

Make your own pizza.

Bagel or flatbread, sauce, cheese, veggie, fruit and milk.

***Yummy Yogurt Lunchbox:***

Yogurt, cheese stick, graham crackers, veggie, fruit and milk.

Price: \$2.65/ .40 reduced lunch.