

# Henry W. Moore Bell Café

## October 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.

*Families may apply at any time during the school year for the Free and Reduced Lunch program. 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
<b>2</b> Waffles w/Blueberry Topping or Syrup Sausage Patty Hash Brown or Baked Beans Choice of Fruit	<b>3</b> Pulled Pork on W/G Bun w/BBQ Sauce Corn or Onion Rings Choice of Fruit	<b>4</b> Spaghetti and Meatballs w/Sauce W/G Bread Stick Green Beans or Roasted Veggies Choice of Fruit	<b>5</b> Choice of Pizza Caesar Salad or Red Peppers Strips Choice of Fruit	<b>6</b> Chicken & Cheese Quesadilla w/Salsa & Sour Cream Peas or Broccoli Choice of Fruit
<b>9</b>  <b><i>NO SCHOOL</i></b>	<b>10</b>  <b><i>New Item</i></b> Homemade Cheeseburger Calzone Corn or Baked Beans Red Velvet Cookie Choice of Fruit	<b>11</b> Mozzarella Sticks w/Marinara Peas or Cauliflower Choice of Fruit	<b>12</b> Choice of Pizza Garden Salad or Baby Carrots Choice of Fruit	<b>13</b>  <b><i>New Item</i></b> Korean Chicken Dippers Over Rice Broccoli or Oriental Veggie Choice of Fruit
<b>16</b> French Toast Sticks w/Syrup Yogurt or Cheese Stick Hash Brown or Baked Beans Choice of Fruit	<b>17</b> Grilled Cheese Tomato Soup Rainbow Goldfish Carrots & Broccoli Florets w/Ranch Dip Choice of Fruit	<b>18</b> Meatball Sub w/Sauce Peas or Roasted Mixed Veggies Choice of Fruit	<b>19</b> Choice of Pizza Garden Salad or Cucumber Coins Choice of Fruit	<b>20</b> Loaded Taco Nachos (Meat and Cheese) w/Lettuce & Tomato Corn Salsa & Sour Cream Choice of Fruit
<b>23</b> Breakfast Sandwich (Ham, Egg and Cheese on English Muffin) Sweet and Savory Roasted Chick Peas or Home Fries Choice of Fruit	<b>24</b>  <b><i>Lancer Bowl</i></b> Popcorn Chicken Mashed Potato, Corn & Gravy Biscuit Choice of Fruit	<b>25</b> Chicken Parm Sub w/Sauce Green Beans or Mixed Veggie Choice of Fruit	<b>26</b> Choice of Pizza Garden Salad or Broccoli Florets Choice of Fruit	<b>27</b>  <b><i>Chinese Food</i></b> Tangerine Chicken Over “Fried” Rice Egg Roll Roasted Carrots or Oriental Veggies Fortune Cookie Choice of Fruit
<b>30</b> Pancakes w/Warm Cinnamon Apples or Syrup Ham Slice or Cheese Stick Home Fries or Baked Beans Choice of Fruit	<b>31</b>  <b><i>Halloween Spooktacular</i></b> Creepy Corn Dogs Goulish Green Beans or Frankenstein Fries Fall Cookie Choice of Fruit		<b><i>Breakfast is served daily in our café.</i></b> <b><i>Daily Breakfast Selections:</i></b> <b><i>Bagels, wholegrain low sugar cereal, baked products, yogurt, cheese stick.</i></b> <b><i>Fruit or juice and milk.</i></b>	<b><i>Assorted Sandwiches and salad offered daily.</i></b> <b><i>Lancer lunch bag, yogurt or pizza meal daily.</i></b>  <b><i>Hot sandwiches grades 3-8.</i></b>