

Henry W. Moore Bell Café

January Menu

All meals are served w/choice of skim, 1%, nonfat chocolate milk or small water. 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
1 NO SCHOOL <i>Breakfast served daily in our cafeteria. See our breakfast menu online.</i>	2 Oven Roasted Breaded Chicken Drumstick w/Seasoned Rice Peas or Carrots Bread Stick Choice of Fruit	3 Cheese Filled Bread Sticks w/Marinara Roasted Broccoli or Cauliflower Choice of Fruit	4 Choice of Pizza Garden Salad or Crispy Red Pepper Strips Choice of Fruit	5 Chicken Fajita Rice Bowl Corn or Black Beans Salsa, Cheese and Sour Cream Choice of Fruit
8 Pancakes w/Blueberry Topping or Syrup Yogurt or Cheese Stick Hash Brown or Baked Beans Choice of Fruit	9 Mini Corn Dogs Green Beans or Corn Rice Soft Pretzel Choice of Fruit	10 Mozzarella Sticks w/Marinara Peas or Cauliflower Choice of Fruit	11 Choice of Pizza Garden Salad or Baby Carrots Choice of Fruit	12 Popcorn Chicken w/Orange Sauce Rice Broccoli or Oriental Veggies Choice of Fruit
15 NO SCHOOL	16 Chicken Nuggets w/Dipping Sauce Spiral Fries or Broccoli Soft Pretzel Choice of Fruit	17 Chicken Parmesan Panini Pasta Salad Mixed Crunchy Raw Veggies Choice of Fruit	18 Choice of Pizza Garden Salad or Baby Carrots Choice of Fruit	19 Homemade Chili w/Tortilla Chips Rice Corn or Black Beans Choice of Fruit
22 French Toast Sticks w/Syrup Ham Slices Home Fries or Baked Beans Choice of Fruit	23 Chicken and Gravy Over Biscuit Mashed Potatoes or Corn Warm Cookie Choice of Fruit	24 Homemade Mac and Cheese Roasted Broccoli and Cauliflower Dinner Roll Choice of Fruit	25 Choice of Pizza Garden Salad or Carrot Sticks Choice of Fruit	26 Chinese Food General Tso Chicken Baked “Fried” Rice Egg Roll Roasted Carrots Oriental Veggies Fortune Cookie Choice of Fruit
29 Scrambled Eggs Mini Cinnamon Rolls Sausage Link Hash Brown or Baked Beans Choice of Fruit	30 Pulled Pork on Roll w/BBQ Sauce Tator Tots or Green Beans Choice of Fruit	31 Assorted Pizza Favorites Crunchy Carrots or Celery Sticks Choice of Fruit	1 Choice of Pizza Garden Salad or Broccoli Florets Choice of Fruit	2 <i>Fish and Chips</i> Baked Fish Sticks Tater Sauce Waffle Fries Carrot Sticks w/Dip Dinner Roll Choice of Fruit

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.