

# Henry W. Moore Bell Café

## February 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
	Don't forget breakfast is served daily in our cafeteria from 7:50 – 8:10.		<b>1</b> Choice of Pizza Garden Salad or Broccoli Florets Choice of Fruit	<b>2</b> <b><i>Fish and Chips</i></b> Baked Fish Sticks Tarter Sauce Waffle Fries Carrot Sticks w/Dip Dinner Roll Choice of Fruit
<b>5</b> Mini Maple Waffles w/Syrup Sausage Links Breakfast Potato or Baked Beans Choice of Fruit	<b>6</b> Breaded Chicken Drumstick Seasoned Rice Peas or Carrots Choice of Fruit	<b>7</b> Chicken, Broccoli and Pasta Alfredo Mixed Vegetable Bread Stick Choice of Fruit	<b>8</b> Choice of Pizza Garden Salad or Cucumber Coins Choice of Fruit	<b>9</b> Chicken Fajita Bowl (Chicken, Peppers, Onion and Rice) Corn Salsa Sour Cream Choice of Fruit
<b>12</b> Pancakes w/Apple Topping or Syrup Yogurt or Cheese Stick Hash Brown or Baked Beans Choice of Fruit	<b>13</b> Winter BBQ Cheeseburger or Hamburger on a Roll Oven Fries Lettuce and Tomato Choice of Fruit	<b>14</b> Mozzarella Sticks w/Marinara Brussels Sprouts or Cauliflower Valentine Cookie Choice of Fruit	<b>15</b> Choice of Pizza Garden Salad or Broccoli Florets Choice of Fruit	<b>16</b> <b><i>New Item</i></b> Top n Go Walking Taco (Taco Meat, Lettuce, Tomato) Salsa Sour Cream Choice of Fruit
<b>19</b> <b>Green Eggs and Ham</b> w/Waffles Hash Brown or Roasted Chick Peas Choice of Fruit	<b>20</b> <b>Hop on Popcorn</b> Chicken Oven Fries or Carrots Choice of Fruit	<b>21</b> <b>SAM I AM HAM</b> Sliders w/Cheese Potato Salad or Crispy Carrots and Celery Rainbow Gold Fish Choice of Fruit	<b>22</b> <b>Dr. Suess Pizza Day</b> Garden Salad or Crunchy Carrots Choice of Fruit	<b>23</b> <b>The Digging-est Dog</b> Hot Dog on Bun Homemade Pasta Salad Coleslaw or Crispy Broccoli Florets Choice of Fruit NO ALA CARTE
<b>26</b>  <b><i>February Vacation</i></b>	<b>27</b>  <b><i>February Vacation</i></b>	<b>28</b>  <b><i>February Vacation</i></b>	<b>3/1</b>  <b><i>February Vacation</i></b>	<b>3/2</b>  <b><i>February Vacation</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.