

Henry W. Moore Bell Café

March 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, bagels, and ala carte are available daily. Ala carte and snack choices vary starting at \$.50 - \$2.25

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
<p><i>Try a new vegetable this month.</i></p> <p><i>Look for new spring salads coming soon</i></p>	<p><i>Try Beets on Wednesday, March 21st in our grated beet and carrot salad.</i></p>		<p>1</p> <p><i>February Vacation</i></p>	<p>2</p> <p><i>February Vacation</i></p>
<p>5</p> <p>Breakfast Sandwich Sausage, Egg and Cheese on Warm Croissant Hash Brown or Baked Beans Choice of Fruit & Milk</p>	<p>6</p> <p>Grilled Cheese w/Tomato Soup Green beans or Mixed Vegetable Choice of Fruit & Milk</p>	<p>7</p> <p>Cheese Filled Pizza Sticks w/Marinara Peas or Cauliflower Choice of Fruit & Milk</p>	<p>8</p> <p>Choice of Pizza Garden Salad or Baby Carrots Choice of Fruit & Milk</p>	<p>9</p> <p>Open Turkey Sandwich w/Stuffing and Gravy, Mashed Potatoes or Broccoli Cranberry Choice of Fruit & Milk</p>
<p>12</p> <p>Waffles w/Strawberries and Cream Ham Slices Hash Brown or Chick Peas Choice of Fruit & Milk</p>	<p>13</p> <p><i>NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</i></p>	<p>14</p> <p>Chicken and Broccoli Pasta Alfredo Roasted Carrots Bread Stick Choice of Fruit & Milk</p>	<p>15</p> <p>Choice of Pizza Garden Salad or Red Pepper Strips Choice of Fruit & Milk</p>	<p>16</p> <p>Beef and Cheese Nachos Rice Corn or Green Beans Choice of Fruit & Milk</p>
<p>19</p> <p>Pancakes w/Syrup Yogurt or Cheese Stick Home Fries or Baked Beans Choice of Fruit & Milk</p>	<p>20</p> <p><i>Lancer Bowl</i> Crispy Chicken Mashed Potatoes Gravy Corn W/G Roll Choice of Fruit & Milk</p>	<p>21</p> <p>Sausage Sub w/Choice of Pepper and Onions Oven Fries or Grated Beet and Carrot Salad Choice of Fruit & Milk</p>	<p>22</p> <p>Choice of Pizza Garden Salad or Crunchy Carrot Sticks Choice of Fruit & Milk</p>	<p>23</p> <p>Shoestring Chicken Fries w/Dipping Sauce Roasted Broccoli or Mixed Veggie Rice Pilaf Choice of Fruit & Milk</p>
<p>26</p> <p>French Toast Sticks W/ Syrup Sausage Links Home Fries Baked Beans Choice of Fruit & Milk</p>	<p>27</p> <p>Chicken Nuggets w/Dipping Sauces Oven Fries or Broccoli Choice of Fruit & Milk</p>	<p>28</p> <p>Spaghetti and Meatballs Green Beans or Roasted Cauliflower Cheesy Bread Stick Choice of Fruit & Milk</p>	<p>29</p> <p>Choice of Pizza Garden Salad or Carrot Sticks Choice of Fruit & Milk</p>	<p>30</p> <p>Soft Shell Pork Taco Peas or Corn Salsa and Sour Cream Choice of Fruit & Milk</p>

Lunches are served with fruits, veggies, whole grains, low fat dairy and proteins. Per USDA, students must take at least three items as part of their school lunch. One of these must be a fruit or veggie. Students are always encouraged to take all five items.

Our Breakfast Program is served daily in the cafeteria from 7:50AM - 8:10 AM.

**Come check out our Breakfast Menu options
National School Breakfast Week is March 5th-9th**