

Henry W. Moore Bell Café

April 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
2 Breakfast Sandwich Sausage, Egg and Cheese on Bagel Hash Browns or Baked Beans Choice of Fruit	3 Steak and Cheese Sub Tator Tots or Green Beans Peppers and Onions Choice of Fruit	4 White Garlic French Bread Pizza Arugula and Grape Salad Broccoli Choice of Fruit	5 Choice of Pizza Garden Salad or Baby Carrots Choice of Fruit	6 Chinese Food Tangerine Chicken Vegetable Fried Rice Peas or Oriental Veggies Fortune Cookie Choice of Fruit
9 Waffles Ham Slice or Cheese Stick Home Fries or Baked Beans Choice of Fruit	10 Breaded Chicken Drumstick Rice Pilaf Maple Glazed Carrots w/Dill or Green Beans Chocolate Chip Cookie Choice of Fruit	11 Spaghetti and Meatballs w/Marinara Sauce Roasted Broccoli or Cauliflower Bread Stick Choice of Fruit	12 Choice of Pizza Garden Salad or Broccoli Choice of Fruit	13 Top and Go Walking Taco Rice Corn or Peas Choice of Fruit
16 Pancakes w/Syrup Sausage Links Hash Browns or Baked Beans Choice of Fruit	17 Lancer Bowl Crispy Chicken Mashed Potatoes Corn Gravy Biscuit Choice of Fruit	18 Mozzarella Sticks w/Marinara Roasted Summer Squash or Cauliflower Choice of Fruit	19 Choice of Pizza Garden Salad or Red Pepper Strips Choice of Fruit	20 Teriyaki Chicken Dippers Rice Pilaf Oriental Mixed Veggies or Carrots Bread Stick Choice of Fruit
23 Turkey and Cheese Sub or PB&J Bag of Chips Veggie Sticks Choice of Fruit NO ALA CARTE	24 Ham and Cheese Sub or PB&J Bag of Chips Veggie Sticks Choice of Fruit NO ALA CARTE	21 <i>April Vacation</i>	22 <i>April Vacation</i>	23 <i>April Vacation</i>
30 French Toast Sticks w/Syrup Ham Slice Breakfast Potatoes and Baked Beans Choice of Fruit	<i>Maple Glazed Carrots w/Dill on April 10th</i>	<i>Try our new NH Harvest of the Month Carrots</i>	<i>Look for our new Spring salads and parfaits on our cold station.</i>	

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 items.

Come celebrate National School Breakfast Week. Breakfast is served daily in the cafeteria from 7:50 – 8:10 AM.

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.