

# Henry W. Moore Bell Café

## May 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
<b>30</b> French Toast Sticks w/Syrup Ham Slice Breakfast Potatoes Baked Beans Choice of Fruit	<b>1</b> Chicken Tenders Oven Fries Green Beans W/G Pretzel Choice of Fruit	<b>2</b> Chicken Parm Panini Broccoli Roasted Cauliflower Choice of Fruit	<b>3</b> Choice of Pizza Garden Salad Baby Carrots Choice of Fruit	<b>4</b> Chicken or Beef Soft Taco w/Fixings (Salsa, Lettuce, Tomato and Sour Cream) Mexican Rice Corn Choice of Fruit
<b>7</b> Breakfast Sandwich Sausage, Egg, Cheese on Biscuit Hash Browns Sweet Roasted Chick Peas Choice of Fruit	<b>8</b> Corn Dogs Oven Fries Carrots w/Ranch W/G Pretzel Choice of Fruit	<b>9</b> Cheesy Pizza Sticks w/Marinara Green Beans Carrots Choice of Fruit	<b>10</b> Choice of Pizza Garden Salad Broccoli Florets Choice of Fruit	<b>11</b> Popcorn Chicken w/Orange Sauce Fried Rice Oriental Veggie Peas Bread Stick Choice of Fruit
<b>14</b> Mini Maple Pancakes w/Syrup Sausage Link Cheese Stick Home Fries Baked Beans Choice of Fruit	<b>15</b> Shoestring Chicken Fries Sweet Potato Fries Peas Cookie Choice of Fruit	<b>16</b> Meatball Sub w/Parmesan Cheese Sautéed Spinach Cauliflower Choice of Fruit	<b>17</b> Choice of Pizza Garden Salad Cucumber Slices Choice of Fruit	<b>18</b> Cheese Quesadilla Seasoned Rice Salsa Corn Choice of Fruit
<b>21</b> Scrambled Eggs Sausage Patty Toasted Bagel Hash Brown Baked Beans Choice of Fruit	<b>22</b> <i><b>Lancer Bowl</b></i> Chicken, Corn, Mashed Potatoes w/Gravy Warm Dinner Roll Choice of Fruit	<b>23</b> Garlic French Bread <i><b>Mixed Green Salad</b></i> <i><b>w/Homemade Honey</b></i> <i><b>Dijon Vinaigrette</b></i> Crunchy Baby Carrots Choice of Fruit	<b>24</b> Choice of Pizza Garden Salad Red Pepper Strips Choice of Fruit	<b>25</b> New Item Chinese Food BBQ Teriyaki Chicken Fried Rice Broccoli Fortune Cookie Choice of Fruit
<b>28</b>  <i><b>NO SCHOOL</b></i>	<b>29</b> Chicken Nuggets Oven Fries Corn on the Cob Choice of Fruit	<b>30</b> Mozzarella Sticks w/Marinara Green Beans Roasted Cauliflower Choice of Fruit	<b>31</b> Choice of Pizza Garden Salad Broccoli Choice of Fruit	

*May NH Harvest of the Month, mixed greens. Check out new recipe on May 23<sup>rd</sup>.*

**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.**

**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.