

Henry W. Moore Bell Café

June 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 Beef and Cheese Nachos Salsa Corn Sour Cream Choice of Fruit
4 Assorted Breakfast Items Ham Slice Cheese Stick Roasted Chick Peas Breakfast Potatoes Choice of Fruit	5 Garlic French Bread Pizza Veggies of the Day Choice of Fruit	6 Hamburger or Cheeseburger on Roll Lettuce, Tomato and Pickles Cowboy Baked Beans Choice of Fruit	7 Pizza Day Cheese or Tomato <i>w/Fresh Basil</i> Garden Salad Carrots Choice of Fruit	8 Pulled Pork on Kaiser Roll Corn Oriental Veggies Cookie Choice of Fruit
11 Breakfast Sandwich Egg, Cheese, Bacon on Bagel Hash Brown Baked Beans Choice of Fruit	12 <i>NEW ITEM</i> Homemade Cheeseburger Calzone Tator Tots Veggie of the Day Choice of Fruit	13 Assorted Crispy Chicken Favorites Rice Pilaf Green Beans Roasted Cauliflower Choice of Fruit	14 Pizza Garden Salad Crunchy Broccoli Choice of Fruit	15 Turkey BLT Sub Lettuce and Tomato Bag of Chips Veggie of the Day Choice of Fruit
18 <i>PTO SPIRIT DAY LUNCH</i>	19 Grilled Cheese Sandwich Bag of Chips Veggie of the Day Choice of Fruit <i>NO ALA CARTE</i>	20 Hot Dog on Roll Oven Fries Baked Beans Choice of Fruit <i>NO ALA CARTE</i>	21 Pizza Day Veggies of the Day Choice of Fruit <i>NO ALA CARTE</i>	22 Last Day/Early Release Bagels Assorted Cereal Cheese Stick Yogurt Veggies of the Day Fruit of the Day <i>NO ALA CARTE</i>
	<i>June 19, 20, 21 and 22: No Ala Carte Stations. PB&J and Bagel Meal will be available for purchase.</i>			

NH Harvest of the Month, herbs. Try our pizza topped with fresh basil on June 7th.

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.