

Henry W. Moore Bell Café

August/September

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: \$2.85 / (R) \$.40 - Teacher: \$3.50 - Milk: \$.50 - OJ or Small Water: \$.50 - Large Water: \$1.00

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Hot sandwiches, assorted pizza, cold sandwiches, salads and Lancer Lunchboxes available daily.</i>			30 Pizza Day Garden Salad Crunchy Broccoli Florets Choice of Fruit	31 Beef and Cheese Nacho Plate Salsa Corn Sour Cream Choice of Fruit
3 <i>NO SCHOOL</i>	4 Cheeseburger or Hamburger on Roll Lettuce, Tomato, Pickles Sweet Potato Fries Choice of Fruit	5 Pasta and Meatballs w/Sauce Mixed Roasted Veggies Green Beans Garlic Bread Stick Choice of Fruit	6 Pizza Day Garden Salad Celery Sticks Choice of Fruit	7 Teriyaki Chicken Bowl Rice Broccoli Oriental Veggies Bread Stick Choice of Fruit
10 French Toast Sticks w/Syrup Sausage Links Cheese Stick Home Fries Roasted Chick Peas Choice of Fruit	11 Crispy Chicken Tenders w/Dipping Sauce Oven Fries Zucchini Warm Pretzel Choice of Fruit	12 Chicken Parm Panini Peas Roasted Cauliflower Choice of Fruit	13 Pizza Day Garden Salad Red Pepper Strips Choice of Fruit	14 Soft Beef Taco <i>WITH ALL THE FIXINS</i> Rice Corn Black Beans Sour Cream Choice of Fruit
17 Breakfast Sandwich Sausage, Egg and Cheese on Bagel Hash Brown Baked Beans Choice of Fruit	18 Grilled Cheese Sandwich Tomato Soup Carrots and Broccoli w/Dip Choice of Fruit	19 Cheesy Pizza Sticks w/Marinara Green Beans Roasted Mixed Veggies Choice of Fruit	20 Pizza Day Garden Salad or Carrots Choice of Fruit	21 Popcorn Chicken w/Sweet and Sour Sauce Fried Rice Oriental Veggies Peas Fruit of the Day
23 Mini Maple Pancakes Yogurt Cheese Stick Hash Brown Beans Choice of Fruit	24 Shoestring Chicken Fries Smile Fries Peas Pretzel Choice of Fruit	25 Meatball Sub w/Parmesan Cheese Sautéed Spinach Roasted Carrots Choice of Fruit	26 Pizza Day Garden Salad Cucumber Coins Choice of Fruit	27 <i>NO SCHOOL</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.

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