

# Henry W. Moore Bell Café

## November

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
	<p><i>Assorted hot and cold sandwiches, salads and Lancer Lunchboxes available daily.</i></p>		<p><b>1</b></p> <p><b>Pizza Day</b> Cheese, Pepperoni or Sausage Garden Salad Red Pepper Strips Choice of Fruit</p>	<p><b>2</b></p> <p>Crispy Chicken Tenders Rice Pilaf Tri Colored Roasted Carrots Peas Choice of Fruit</p>
<p><b>5</b></p> <p>French Toast Sticks w/Syrup Sausage Patty Hash Brown Roasted Chick Peas Choice of Fruit</p>	<p><b>6</b></p> <p>Cheeseburger or Hamburger Sidewinder Fries Lettuce, Tomato and Pickles Warm Homemade Apple Crisp Choice of Fruit</p>	<p><b>7</b></p> <p>Spaghetti w/Meat Sauce Texas Toast Mixed Roasted Veggies Green Beans Choice of Fruit</p>	<p><b>8</b></p> <p><b>Pizza Day</b> Cheese, Pepperoni and Pepper and Onion Garden Salad Celery Sticks Choice of Fruit</p>	<p><b>9</b></p> <p>Corn Dog Bag of Chips Crunchy Veggie Sticks w/Dip Choice of Fruit</p>
<p><b>12</b></p> <p><b>NO SCHOOL</b></p>	<p><b>13</b></p> <p><b>NO SCHOOL</b></p>	<p><b>14</b></p> <p>Appetizer Plate (Mozzarella Sticks, Chicken Nuggets and Golden Fries) Peas Roasted Cauliflower Choice of Fruit</p>	<p><b>15</b></p> <p><b>Pizza Day</b> Cheese Pizza Garden Salad Carrots Choice of Fruit</p>	<p><b>16</b></p> <p><b>Thanksgiving Feast</b> Turkey w/Gravy Stuffing Mashed Potatoes Green Beans Cranberry Sauce Dinner Roll Pumpkin Dessert Choice of Fruit</p>
<p><b>19</b></p> <p>Mini Maple Waffles Cheese Stick Yogurt Hash Brown Baked Beans Choice of Fruit</p>	<p><b>20</b></p> <p><b>Taco Tuesday</b> Beef Taco Hard Shell Served with Cheese, Lettuce, Tomato and Salsa Choice of Fruit</p>	<p><b>21</b></p> <p><b>NO SCHOOL THANKSGIVING BREAK</b></p>	<p><b>22</b></p> <p><b>NO SCHOOL THANKSGIVING BREAK</b></p>	<p><b>23</b></p> <p><b>NO SCHOOL THANKSGIVING BREAK</b></p>
<p><b>26</b></p> <p>Scrambled Eggs w/Ham &amp; Cheese Chocolate Chip Muffin Home Fries Baked Beans Choice of Fruit</p>	<p><b>27</b></p> <p><b>Homemade</b> Chicken Pot Pie Over Warm Biscuit Baked Potato Fall Cookie Choice of Fruit</p>	<p><b>28</b></p> <p>Meatball Sub w/Provolone Cheese Romaine and Tomato Salad Crunchy Broccoli Choice of Fruit</p>	<p><b>29</b></p> <p><b>Pizza Day</b> Cheese, Pepperoni or BBQ Chicken Garden Salad Cucumber Coins Choice of Fruit</p>	<p><b>30</b></p> <p>Chicken and Waffles w/Syrup Cinnamon Sweet Potatoes Coleslaw Choice of Fruit</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 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: \$2.85/ .40 reduced lunch.