

Henry W. Moore Bell Café

October

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
1 Waffles w/Apple Cinnamon Topping Ham Slice Cheese Stick Breakfast Potatoes Baked Beans Choice of Fruit	2 Taco Tuesday Beef Taco Hard or Soft Shell Served with Cheese, Salsa, Lettuce and Tomato Corn Choice of Fruit	3 Cheesy Bosco Sticks w/Marinara Roasted Cauliflower and Broccoli Choice of Fruit	4 Pizza Day Cheese, Pepperoni or BBQ Chicken Garden Salad Crispy Carrots Choice of Fruit	5 World Smile Day Chicken Nuggets W/G Dinner Roll Potato Smiles Celery & Dip Choice of Fruit
8 NO SCHOOL	9 Steak and Cheese Sub Sweet Potato Tots Baked Beans Chocolate Chip Cookie Choice of Fruit	10 Mozzarella Sticks w/Marinara Sauce Spinach Cauliflower Choice of Fruit	11 Pizza Day Cheese, Pepperoni or White Pizza with Chicken and Broccoli Garden Salad Cucumber Coins Choice of Fruit	12 Lancer Bowl Popcorn Chicken Mashed Potato, Corn and Gravy Dinner Roll Choice of Fruit
15 Pancakes w/Fruit Topping Sausage Pattie Hash Brown Roasted Chick Peas Choice of Fruit	16 Taco Tuesday Buffalo Chicken Hard or Soft Shell Cheese, Salsa, Lettuce and Tomato Corn Choice of Fruit	17 Garlic French Bread Mixed Green Salad w/Homemade Dressing Celery Sticks Choice of Fruit	18 Pizza Day Cheese, Pepperoni or Buffalo Chicken Garden Salad Red Pepper Strips Choice of Fruit	19 Breaded Chicken Drumstick Baked Potato Butternut Squash Peach Cobbler Choice of Fruit
22 Scrambled Eggs Mini Cinnamon Buns Home Fries Baked Beans Choice of Fruit	23 Pulled Pork on Kaiser Roll Buttered Noodles Green Beans Corn Choice of Fruit	24 Baked Mac & Cheese Soft Pretzel Roasted Brussel Sprouts Carrots Choice of Fruit	25 Pizza Day Cheese, Pepperoni or Big Mac Style Garden Salad Celery Sticks Choice of Fruit	26 New Item Crispy Chicken Sliders Tator Tots Cole Slaw Choice of Fruit
29 Breakfast Sandwich Sausage, Egg and Cheese on Bagel Hash Brown Roasted Chick Peas Choice of Fruit	30 Taco Tuesday Meat and Cheese Hard or Soft Shell Cheese, Salsa and Lettuce Corn Choice of Fruit	31 Halloween Spooktacular Halloween Bat Shaped Chicken Nuggets Frankenstein Fries Ghoulish Green Beans Spooky Treat Choice of Fruit	<i>Assorted hot and cold sandwiches, salads and Lancer Lunchboxes available daily.</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.

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.