

# Henry W. Moore Bell Café

## December



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
<b>3</b> Waffles w/Apple Cinnamon Topping Ham Slice Cheese Stick Hash Brown Beans Choice of Fruit	<b>4</b> <b>Taco Tuesday</b> Beef Taco Crispy Taco Boat Served with Cheese, Salsa, Lettuce and Tomato Corn Choice of Fruit	<b>5</b> Cheesy Bosco Stick w/Marinara Dipping Sauce Roasted Cauliflower and Broccoli Choice of Fruit	<b>6</b> <b>Pizza Day</b> Cheese, Pepperoni or Hawaiian Garden Salad Crispy Carrots Choice of Fruit	<b>7</b> Chicken Nuggets W/G Dinner Roll Dipping Sauce Potato Smiles Green Beans Choice of Fruit
<b>10</b> Pancakes w/Syrup Sausage Patties Hash Brown Roasted Chick Peas Choice of Fruit	<b>11</b> Sloppy Joe Sliders Oven Fries <b>Tomato Asparagus Salad</b> Choice of Fruit	<b>12</b> Mozzarella Sticks w/Marinara for Dipping Brussel Sprouts Cauliflower Choice of Fruit	<b>13</b> <b>Pizza Day</b> Cheese, Pepperoni and Veggie Garden Salad Celery Sticks Choice of Fruit	<b>14</b> <b>Lancer Bowl</b> Popcorn Chicken Mashed Potato Corn Gravy Dinner Roll Choice of Fruit
<b>17</b> Breakfast Sandwich Sausage, Egg and Cheese on English Muffin Home Fries Baked Beans Choice of Fruit	<b>18</b> <b>Taco Tuesday</b> Crispy Fish Tacos Salsa, Lettuce and Tomato Rice Corn Choice of Fruit	<b>19</b> Crispy Chicken Tenders Dipping Sauce Rice Pilaf <b>Harvest Delight</b> Corn Choice of Fruit	<b>20</b> <b>Pizza Day</b> Cheese or Pepperoni Garden Salad Peppers Choice of Fruit	<b>21</b> Italian Sub on W/G Roll Lettuce, Tomato and Pickle Potato Puffs Choice of Fruit
<b>24</b> <b>NO SCHOOL WINTER BREAK</b>  	<b>25</b> <b>NO SCHOOL WINTER BREAK</b>  	<b>26</b> <b>NO SCHOOL WINTER BREAK</b>  	<b>27</b> <b>NO SCHOOL WINTER BREAK</b>  	<b>28</b> <b>NO SCHOOL WINTER BREAK</b>  
<b>31</b> <b>NO SCHOOL WINTER BREAK</b>  	<b>Jan 1</b> <b>NO SCHOOL WINTER BREAK</b>  		<i>Try Tomato Asparagus Salad on December 11<sup>th</sup>. Asparagus and Tomato with Honey Dijon Dressing.</i>	<i>Try Harvest Delight on December 19<sup>th</sup>. Carrots, Sweet Potatoes, Butternut Squash and Green Apples Roasted with Fresh Spices.</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.