

Henry W. Moore Bell Café

January

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
		2 Pasta w/Alfredo or Marinara Sauce Topped w/Grilled Chicken Texas Toast Green Beans Carrots Choice of Fruit	3 Pizza Day Cheese or Pepperoni Garden Salad Cucumber Coins Choice of Fruit	4 Popcorn Chicken w/Orange Sauce Homemade Asian Noodle Salad Oriental Veggies Broccoli Choice of Fruit
7 French Toast Sticks w/Syrup Cheese Stick Hash Brown Baked Beans Choice of Fruit	8 Winter BBQ Cheeseburger, Bacon Cheeseburger or Hamburger on Roll Crispy Fries Coleslaw Choice of Fruit	9 Spaghetti w/Meat Sauce and Shredded Cheese Green Beans Roasted Mixed Veggies Warm Cookie Choice of Fruit	10 Pizza Day Cheese, Pepperoni and Bacon Cheeseburger Garden Salad Cherry Tomatoes Choice of Fruit	11 Shoestring Chicken w/Dipping Sauce Rice Corn Broccoli Choice of Fruit
14 Waffles w/Strawberries and Cream Yogurt Home Fries Cinnamon Roasted Chick Peas Choice of Fruit	15 Taco Tuesday Meat Tacos w/Crispy Shell Spanish Rice Cheese, Lettuce and Salsa Choice of Fruit	16 New Item Wild Mike’s Cheesy Pizza Bites w/Marinara Roasted Broccoli Cauliflower Choice of Fruit	17 Pizza Day Cheese, Pepperoni and BBQ Chicken Garden Salad Carrot Sticks Choice of Fruit	18 Chicken and Gravy Mashed Potatoes Glazed Turnips Biscuit Choice of Fruit
21 NO SCHOOL	22 Grilled Cheese Tomato Soup Goldfish Crackers Crunchy Veggies & Dip Choice of Fruit	23 Appetizer Plate Mozzarella Sticks, Chicken Nuggets, Golden Fries Roasted Cauliflower Choice of Fruit	24 Pizza Day Cheese, Pepperoni and Big Mac Garden Salad Crunchy Broccoli Choice of Fruit	25 Teriyaki Chicken Dippers Egg Noodles Peas Carrots Warm Cookie Choice of Fruit
28 Scrambled Eggs Mini Cinnamon Rolls Sausage Link Hash Browns Baked Beans Choice of Fruit	29 Taco Tuesday Buffalo Chicken Tacos Served w/Cheese, Tomato and Lettuce Choice of Fruit	30 Meatball Sub on Roll Bag of Chips Veggies and Dip Choice of Fruit	31 Pizza Day Cheese, Pepperoni and Buffalo Chicken Garden Salad Crispy Carrot Sticks Choice of Fruit	Feb 1 Super Bowl Chicken Nuggets w/Dipping Sauce Tator Tots Green Beans Pretzel Choice of Fruit

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.