

Henry W. Moore Bell Café

February

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
	Celebrate Read Across America Week Feb 18-22			1 Super Bowl Chicken Nuggets w/Dipping Sauce Tator Tots Green Beans Pretzel Choice of Fruit
4 Waffles w/Apple Cinnamon Topping Ham Slices Yogurt Hash Brown Baked Beans Choice of Fruit	5 Taco Tuesday Beef Tacos Crispy Shells Served w/Lettuce, Cheese and Tomato Corn Choice of Fruit	6 Cheesy Pizza Sticks w/Marinara Roasted Cauliflower Broccoli Choice of Fruit	7 Pizza Day Cheese, Pepperoni or Hawaiian Garden Salad Crispy Carrots Choice of Fruit	8 Chicken Tenders Regular or Buffalo Dipping Sauce Oven Fries Green Beans Dinner Roll Choice of Fruit
11 Pancakes w/Syrup Lite Sausage Link Home Fries Baked Beans Choice of Fruit	12 Crispy Chicken Bacon Sandwich w/wo Cheese Oven Fries Green Beans Choice of Fruit	13 Mozzarella Sticks w/Marinara Brussel Sprouts Cauliflower Choice of Fruit	14 Pizza Day Cheese, Pepperoni or Meatball Garden Salad Red Pepper Sticks Choice of Fruit <i>Valentine Cookie</i>	15 Lancer Bowl Popcorn Chicken Mashed Potatoes Corn and Gravy Biscuit Choice of Fruit
18 Green Eggs and Ham w/Waffles Hash Brown Baked Beans Choice of Fruit	19 Hop on Popcorn Chicken Tator Tots Carrots Choice of Fruit	20 Sam I Ham and Cheese Sliders Potato Salad Veggie of the Day Frozen Dessert Choice of Fruit	21 Dr. Seuss Pizza Day Garden Salad Veggie of the Day Choice of Fruit	22 We Love to Read Heart Shaped Nuggets Oven Fries Veggie of the Day Warm Cookie Choice of Fruit <i>No Hot or Cold Station Today. Bagel Meal or PB&J Meal Will be Available.</i>
25 NO SCHOOL February Vacation	26 NO SCHOOL February Vacation	27 NO SCHOOL February Vacation	28 NO SCHOOL February Vacation	March 1 NO SCHOOL February Vacation

Our lunches are made up of lean proteins, whole grain rolls, pasta and breading. Low fat dairy and a wide variety of fruits and veggies. 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.