

# Henry W. Moore Bell Café

## March

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><b>4</b></p> <p>French Toast Sticks w/Syrup Cheese Stick Hash Brown Baked beans Choice of Fruit</p>	<p><b>5</b></p> <p><b>Winter BBQ</b> Cheeseburger or Hamburger on Roll Crispy Fries Veggies and Dip Choice of Fruit</p>	<p><b>6</b></p> <p>Spaghetti w/Meat Sauce w/Shredded Mozzarella Texas Toast Mixed Vegetables Green Beans Choice of Fruit</p>	<p><b>7</b></p> <p><b>Pizza Day</b> Cheese, Pepperoni or BBQ Chicken Garden Salad Cherry Tomatoes Choice of Fruit</p>	<p><b>8</b></p> <p>Shoestring Chicken Fries w/Dipping Sauce Rice Pilaf Corn Spinach Choice of Fruit</p>
<p><b>11</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p><b>12</b></p> <p><b>Taco Tuesday</b> Crispy Shell Tacos Spanish Rice Corn Cheese, Lettuce, Tomato and Salsa Choice of Fruit</p>	<p><b>13</b></p> <p>Wild Mike’s Cheesy Pizza Bites w/Marinara Roasted Carrots Cauliflower Choice of Fruit</p>	<p><b>14</b></p> <p><b>Pizza Day</b> Cheese, Pepperoni or Buffalo Chicken Garden Salad Broccoli Choice of Fruit</p>	<p><b>15</b></p> <p>Shamrock Chicken Nuggets Rice Pilaf Buttered Carrots Corn Choice of Fruit</p>
<p><b>18</b></p> <p>Waffles w/ Blueberries and Cream Ham Slice Cheese Stick Home Fries Roasted Chick Peas Choice of Fruit</p>	<p><b>19</b></p> <p><b>Baked Potato Bar</b> Chili or Broccoli and Cheese Salsa Side Salad Warm Pretzel Choice of Fruit</p>	<p><b>20</b></p> <p><b>Appetizer Plate</b> Mozzarella Sticks, Chicken Nuggets, Waffle Fries Crispy Broccoli Choice of Fruit</p>	<p><b>21</b></p> <p><b>Pizza Day</b> Cheese or Pepperoni Garden Salad Celery Sticks Choice of Fruit</p>	<p><b>22</b></p> <p>Corn Dog Tator Tots Green Beans Choice of Fruit</p>
<p><b>25</b></p> <p>Pancakes w/Syrup Sausage Patty Hash Browns Baked Beans Choice of Fruit</p>	<p><b>26</b></p> <p><b>Taco Tuesday</b> Beef Tacos Crispy or Soft Shell Lettuce, Tomato, Cheese and Salsa Corn Choice of Fruit</p>	<p><b>27</b></p> <p><b>Homemade</b> Mac &amp; Cheese w/Ham Slice Bread Stick Green Beans Roasted Broccoli Choice of Fruit</p>	<p><b>28</b></p> <p><b>Pizza Day</b> Cheese, Pepperoni or Meatball Garden Salad Baby Carrots Choice of Fruit</p>	<p><b>29</b></p> <p>Chicken Tenders w/Dipping Sauce Rice Pilaf Peas Cauliflower Choice of Fruit</p>
				

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.