

Henry W. Moore Bell Café

April

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 Yogurt Hash Brown Baked Beans Choice of Fruit	2 Taco Tuesday BBQ Chicken Tacos Crispy Shells Served with Lettuce, Tomato and Salsa Corn Choice of Fruit	3 Harry Potter Theme Lunch Hogwarts Crispy Chicken Drumstick Corn on the Cob Berti Botts Baked Beans Wizard Cookie Choice of Fruit	4 Pizza Day Cheese, Pepperoni or White Pizza w/Chicken Garden Salad Crispy Carrots Choice of Fruit	5 Teriyaki Chicken Dippers Buttered Noodles Peas Carrots Biscuit Choice of Fruit
8 Pancakes w/Syrup Lite Sausage Links Home Fries Baked Beans Choice of Fruit	9 Crispy Chicken Sandwich w/Cheese Oven Fries Green Beans Choice of Fruit	10 Mozzarella Sticks w/Marinara Brussel Sprouts Cauliflower Choice of Fruit	11 Pizza Day Cheese, Pepperoni or Taco Pizza Garden Salad Red Pepper Sticks Choice of Fruit	12 Lancer Bowl Crispy Chicken Mashed Potatoes Corn Gravy Biscuit Choice of Fruit
15 Breakfast Sandwich Bacon, Egg and Cheese on a Croissant Hash Brown Sweet Roasted Chick Peas Choice of Fruit	16 Beef & Cheese Nachos Rice Lettuce, Tomato, Salsa and Sour Cream Corn Black Bean Salad Choice of Fruit	17 Meatball Sub w/Provolone Cheese Green Beans Roasted Carrots Choice of Fruit	18 Pizza Day Cheese or Pepperoni Garden Salad Broccoli Choice of Fruit	19 Hot Dog on a Bun Tator Tots Veggie of the Day Choice of Fruit NO ALA CARTE
22 APRIL VACATION NO SCHOOL	23 APRIL VACATION NO SCHOOL	24 APRIL VACATION NO SCHOOL	25 APRIL VACATION NO SCHOOL	26 APRIL VACATION NO SCHOOL
29 French Toast Sticks Yogurt Hash Brown Baked Beans Choice of Fruit	30 Appetizer Plate Chicken Nuggets Mozzarella Sticks and Oven Fries Green Beans Choice of Fruit			Homemade Parfaits begin on Monday, April 15th. Look for some other great Spring meals.

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.