

Henry W. Moore Bell Café

May

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 Garlic French Bread w/Marinara for Dipping Spinach and Strawberry Salad Crunchy Carrots Choice of Fruit	2 Pizza Day Cheese or Pepperoni Garden Salad Crispy Broccoli Choice of Fruit	3 Cinco De Mayo Chicken Nuggets w/Dipping Sauce Rice Pilaf Corn Peas Choice of Fruit
6 Waffles w/Syrup Cheese Stick Home Fries Baked Beans Choice of Fruit	7 Taco Tuesday Beef and Cheese Nachos Lettuce, Tomato, Salsa and Sour Cream Peas Choice of Fruit	8 Cheesy Bosco Sticks w/Marinara Green Beans Roasted Cauliflower Choice of Fruit	9 Pizza Day Cheese, Pepperoni or BBQ Chicken Garden Salad Crispy Carrots Choice of Fruit	10 Popcorn Chicken Rice Pilaf Corn Broccoli Choice of Fruit
13 French Toast Sticks w/Syrup Ham Slices Hash Brown Roasted Chick Peas Choice of Fruit	14 Grilled Chicken Sandwich Sweet Potato Fries Corn Choice of Fruit	15 Hot Dog on Roll Tator Tots Green Beans Choice of Fruit	16 Pizza Day Cheese or Pepperoni Garden Salad Broccoli Florets Choice of Fruit	17 Chicken Tenders w/Dipping Sauce Buttered Noodles Carrots Peas Dinner Roll Choice of Fruit
20 Pancakes w/Syrup Sausage Patty Breakfast Potatoes Baked Beans Choice of Fruit	21 Turkey and Cheese Sub Lettuce, Tomato and Pickles Crunchy Assorted Veggies and Dip Bag of Baked Chips Choice of Fruit	22 Italian Sausage on Roll w/Peppers and Onions Smile Fries Roasted Carrots Choice of Fruit	23 Pizza Day Cheese, Pepperoni or Meatball Garden Salad Broccoli Florets Choice of Fruit	24 Warm Ham and Cheese Sliders Potato Salad Corn and Bean Salad Bag of Chips Choice of Fruit
27 NO SCHOOL Memorial Day	28 Crispy Chicken Patty on Roll BBQ or Buffalo Sauce Onion Rings Corn Choice of Fruit	29 Mozzarella Sticks w/Marinara Edamame Cauliflower Choice of Fruit	30 Pizza Day Cheese, Pepperoni Garden Salad Crunchy Carrots Choice of Fruit	31 Sloppy Joe on Roll Tator Tots Broccoli Choice of Fruit

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.