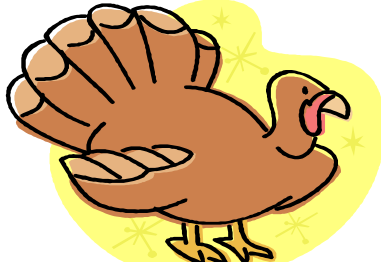


November 2009

Mon	Tue	Wed	Thu	Fri
2 Chicken Chow Mein (Chicken Breast, Broccoli, Carrots, Onion, Mushroom, Water Chestnuts) Crispy Noodles Vegetable Egg Roll Sweet & Sour Sauce, Soy Sauce Brown Rice Pineapple Or Salad Bar 1% White or Chocolate Milk	3 New England Clam Chowder (Clams, Potatoes, Onions, Red Peppers, Light Cream) Oyster Crackers Carrots, Celery, Snow Peas Watermelon Or Salad Bar 1% White or Chocolate Milk	4 Cheese Raviolis Marinara Sauce Parmesan French Bread & Butter Green Beans Pears Or Salad Bar 1% White or Chocolate Milk	5 Breakfast Sandwiches (Wheat Bagels, Bacon, Cheddar, Cream Cheese, Egg) Carrots, Celery & Snow Peas Fruit Salad Or Salad Bar 1% White or Chocolate Milk	6 Multigrain Cheese or Pepperoni Pizza Mixed Green Salad Apple Crisp & Whipped Cream Green Grapes Or Salad Bar 1% White or Chocolate Milk
9 Baked Potato Real Bacon Bits, Shredded Cheddar, Butter, Sour Cream & Chives Wheat Rolls Peaches Or Salad Bar 1% White or Chocolate Milk	10 Chicken Noodle Soup Wheat Biscuits Whole Grain Crackers Carrot, Celery & Snow Peas Cantaloupe Or Salad Bar 1% White or Chocolate Milk	11 Whole Wheat Rotini Shrimp with Basil Pesto Parmesan Cheese Peas Star Fruit Or Salad Bar 1% White or Chocolate Milk Early Release 2pm	12 Baked Sirloin Steak Sautéed Mushrooms Potato Wedges Garlic Bread Apple Sauce Or Salad Bar 1% White or Chocolate Milk	13 Cheese Burger on Wheat Bun Lettuce, Tomato & Onion Baked Sweet Potato Fries Watermelon Magic Bars (Graham Cracker Crust, Chocolate & Butterscotch Chips, Coconut) Or Salad Bar 1% White or Chocolate Milk
16 Wheat Soft Shelled Chicken & Cheddar Taco Lettuce, Onion & Olives Salsa Sour Cream Honey Dew Or Salad Bar 1% White or Chocolate Milk	17 Tomato Soup Whole Grain Cheesy Bread Whole Grain Crackers Mixed Green Salad Apple Slices Or Salad Bar 1% White or Chocolate Milk	18 Turkey Hot Dog on Wheat Bun Baked Beans Potato Salad Watermelon Or Salad Bar 1% White or Chocolate Milk	19 French Toast Sticks Maple Syrup & Butter Sausage Links Carrots, Celery & Snow Peas Blueberry Smoothies Or Salad Bar 1% White or Chocolate Milk	20 Roasted Sliced Turkey Gravy Stuffing Mashed Sweet Potatoes Cranberry Sauce Wheat Roll & Butter Pumpkin Cheesecake Bars Or Salad Bar 1% White or Chocolate Milk
23 BLT's on Wheat Bread Celery with Peanut Butter Red Grapes Or Salad Bar 1% White or Chocolate Milk	24 Beef Stew (Shredded Beef, Carrots, Celery, Onions, Potatoes & Light Gravy) Wheat Rolls Whole Grain Crackers Oranges Or Salad Bar 1% White or Chocolate Milk	25 Thanksgiving Holiday No School	26 Thanksgiving Holiday No School	27 Thanksgiving Holiday No School
30 Cheese Enchiladas (Corn Tortillas, Cheddar Cheese, Onions, Black Olives & Red Sauce) Black Beans Corn Tortilla Chips Salsa Sour Cream Pears Or Salad Bar 1% White or Chocolate Milk				

Salad Bar

Mixed Greens (Romaine & Spinach)

Shredded Carrots

Sliced Tomatoes

Broccoli Florets

Sliced Celery

Sliced Cucumber

Sliced Black Olives

Snow Peas

Fresh Fruit

Cottage Cheese

Shredded Mild Cheddar

Low Fat Vanilla Yogurt

Cubed Ham

Cubed Turkey

Chopped Hard Boiled Eggs

Kidney Beans

Dressings:

Ranch

Balsamic Vinaigrette

Bleu Cheese

Italian

Caesar

Croutons

Sunflower Nuts

Whole Wheat Rolls

Whole Grain Crackers

Sesame Breadsticks

Butter

Hello Anderson Families,

November's hot lunch menu consists of several "Kid's Choice" entrees. I polled the children & let them tell me what they would like to have for lunch. Although some suggestions, (like doughnuts!), I will not be able to do, many I can, like steak & seafood. What a sophisticated group of children here at Anderson! Please let me know if you have suggestions for our lunch menu.

Please come have lunch with your child any day of the week. Just let their teacher know by 9am on that day.

Sincerely,

Sally Handsaker-Donch

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