


January 2010

Mon	Tue	Wed	Thu	Fri
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4	5	6	7	8
Shredded Pork Soft Shell Wheat Taco Cheddar, Lettuce, Tomato, Onion, Olives, Salsa & Sour Cream Carrot & Celery Sticks Apricots Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Club Sandwich (Ham, Turkey, Bacon, American & Provolone Cheeses, Lettuce & Tomato on Whole Wheat Bread) Baked Potato Chips Cucumber Slices Red Grapes Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Chili Cheese Fries (Ground Beef, Turkey, Bean & Tomato Chili with Cheddar Cheese over Baked French Fries) Wheat Crackers Peaches Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Whole Grain Cinnamon Roll Scrambled Cheese Eggs Carrot & Celery Sticks Bananas Or Soup & Salad Bar 1% White Milk	Chicken Tender Strips Sweet & Sour Sauce Sweet Potato Fries Blackberries Vanilla Ice Cream Sandwich Or Soup & Salad Bar 1% White Milk
11	12	13	14	15
Orange Chicken (Chicken Breast, Broccoli, Carrots, Orange Juice, Garlic, Ginger & Soy Sauce) Veggie Fried Brown Rice Pineapple Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Grilled Cheese on Whole Wheat Bread Tomato Soup Celery with Peanut Butter Kiwis Wheat Crackers Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Ground Beef & Pork Lasagna Green Beans Pears French Bread & Butter Or Soup & Salad Bar 1% White or Chocolate Milk	BBQ Pork Ribs Baked Beans Potato Salad Watermelon Corn Bread with Honey & Butter Or Soup & Salad Bar 1% White Milk	Cheese Burger on Whole Grain Bun Baked French Fries Apples Oatmeal Cookies Soup & Salad Bar 1% White Milk
18	19	20	21	22
Ground Beef Nachos with Nacho Cheese Sauce Lettuce, Tomato, Onion, Olives, Salsa & Sour Cream Carrot Sticks Dried Cherries Or Soup & Salad Bar 1% White Milk or Chocolate Milk	French Dip on Whole Grain Roll (Roast Beef on French Baguette with Au Jus) Baked Steak Fries Oranges Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Chicken Caesar Salad (Grilled Chicken Breast, Romaine Lettuce, Tomatoes, Croutons, Parmesan & Caesar Dressing) Mangos Wheat Rolls & Butter Or Soup & Salad Bar 1% White or Chocolate Milk Early Release 2pm	Multigrain Pancakes Maple Syrup & Butter Bacon Strips Snow Peas Strawberry Banana Smoothies Or Soup & Salad Bar 1% White Milk	Cheese or Pepperoni Pizza Mixed Green Salad Honeydew Berry Blue Jell-O with Whipped Cream Or Soup & Salad Bar 1% White Milk
25	26	27	28	29
Pad Thai (Shrimp, Tofu, Eggs, Broccoli, Carrots, Bean Sprouts, Green Onions, Cilantro & Peanuts over Rice Noodles) Mandarin Oranges Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Chicken & Rice Soup Broccoli & Cauliflower Sticks Green Grapes Wheat Biscuits with Honey & Butter Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Whole Wheat Spaghetti with Marinara & Meatballs (Pork & Beef) Parmesan Peas Cantaloupe Wheat Garlic Bread Or Soup & Salad Bar 1% White or Chocolate Milk	Baked Breaded Beef Steak Fingers Sesame Ginger Sauce Carrots, Celery, Red Peppers, & Snow Peas Hummus Strawberries Or Soup & Salad Bar 1% White or Chocolate Milk	Baked Potatoes Cheddar Cheese, Bacon, Chives, Sour Cream & Butter Apples Wheat Breadsticks Magic Bars Or Soup & Salad Bar 1% White 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
Garbanzo Beans
Dressings:
Ranch
Balsamic Vinaigrette
Bleu Cheese
Italian
Caesar
Croutons
Sunflower Nuts
Whole Wheat Rolls
Whole Grain Breadsticks
Whole Grain Crackers
Sesame Breadsticks
Butter

Hello Anderson Families,

Due to many requests, we are adding soup to our salad bar this month! Soup will vary on a daily basis.

Back by popular demand, 1% Chocolate milk will be served on Mondays, Tuesdays & Wednesdays.

Please come have lunch with your child anytime, you'd be amazed at what they are (or aren't!) eating. Just let your child's teacher or the office know by 9am the same day you will be here.

Sincerely,

Sally Handsaker-Donch

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