


Anderson School Lunch Menu April 2010

Mon	Tue	Wed	Thu	Fri
5	6	7	1	2
			Green Eggs & Ham Moldy Toast Ants on a Log Apples with Worms Or Soup & Salad Bar 1% White Milk April Fool's Day!	Cheese Burger on Wheat Bun Lettuce, Tomato, Onion & Pickle Baked Sweet Potato Fries Cantaloupe Chocolate Chip Oatmeal Cookies Or Soup & Salad Bar 1% White Milk
5	6	7	8	9
Ground Beef & Cheddar Hard Shell Tacos Corn Tortilla Chips Nacho Cheese Sauce Lettuce, Tomato, Onion & Olives Salsa & Sour Cream Mandarin Oranges Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Turkey Noodle Soup Bread Bowls Carrot Sticks Star Fruit Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Chicken Breast over Whole Wheat Penne Pasta with Alfredo Sauce Wheat Rolls Peas Nectarines Or Soup & Salad Bar 1% White or Chocolate Milk	Wheat Biscuits with Sausage Gravy Fried Eggs Hash Browns Sautéed Asparagus Oranges Or Soup & Salad Bar 1% White Milk	Baked Mild Buffalo Chicken Wings Brown Rice Pilaf Celery with Blue Cheese Apples Lemon Bars Or Soup & Salad Bar 1% White Milk
12	13	14	15	16
Teriyaki Chicken Chicken Pot Stickers Sweet & Sour & Soy Sauces Brown Asian Rice Steamed Broccoli Pineapple Or Soup & Salad Bar 1% White Milk or Chocolate Milk	BLT's on Wheat Baked Potato Chips Carrot & Celery Sticks Red Grapes Or Soup & Salad Bar 1% White Milk or Chocolate Milk	BBQ Baby Back Pork Ribs Baked Beans Wheat Rolls Coleslaw Watermelon Or Soup & Salad Bar 1% White or Chocolate Milk	Variety of Cold Whole Grain Cereals Scrambled Cheese Eggs Carrot Sticks Strawberries Orange Juice Or Soup & Salad Bar 1% White Milk	PIR Day Early Release 11:30 <u>No lunch served</u>
19	20	21	22	23
Shredded Pork Layered Corn Enchiladas Refried Beans Brown Spanish Rice Guacamole Salsa & Sour Cream Pears Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Chicken Breast Caesar Salad Wheat Breadsticks Mangos Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Beef & Pork Sausage Lasagna Wheat Garlic French Bread Mixed Green Salad Applesauce Or Soup & Salad Bar 1% White or Chocolate Milk	Blueberry Muffins Scrambled Cheese Eggs Bacon Sugar Snap Peas Bananas Orange Juice Or Soup & Salad Bar 1% White Milk	Multigrain Chicken Corn Dogs Corn Tater Tots Plums Ice Cream Sandwiches Or Soup & Salad Bar 1% White Milk
26	27	28	29	30
Chicken Chow Mein Brown Rice Veggie Egg Rolls Sweet & Sour & Soy Sauces Honeydew Or Soup & Salad Bar 1% White or Chocolate Milk	French Dip Baked Crinkle Fries Green Grapes Or Soup & Salad Bar 1% White or Chocolate Milk	Baked Potatoes Bacon, Cheddar Cheese, Chives, Butter & Sour Cream Wheat Breadsticks Kiwi Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Multigrain Waffles Syrup & Butter Raspberry Smoothies Celery Sticks Or Soup & Salad Bar 1% White Milk	Baked Cod Fish & Chips Tartar Sauce Cauliflower Sticks Peaches Magic Bars Or Soup & Salad Bar 1% White Milk

Soup & Salad Bar

Veggies:

Mixed Greens (Romaine & Spinach)

Shredded Carrots

Sliced Tomatoes

Broccoli Florets

Sliced Celery

Sliced Cucumber

Sliced Black Olives

Slice Onions

Snow Peas

Proteins:

Fat Free Cottage Cheese

Low Fat Cream Cheese

Shredded Mild Cheddar

Low Fat Vanilla Yogurt

Cubed Ham

Cubed Turkey

Chopped Hard Boiled Eggs

Garbanzo Beans

Real Bacon Bits

Sunflower Nuts

Peanut Butter

Fresh Fruit:

Various

Dressings:

Ranch

Balsamic Vinaigrette

Bleu Cheese

Italian

Caesar

Grains:

Croutons

Whole Wheat Rolls

Whole Grain Breadsticks

Wheat Bagels

Wheat English Muffins

Whole Grain Crackers

Sesame Breadsticks

Rice Crackers

Condiments:

Butter

Jelly

Mayonnaise

Mustard