
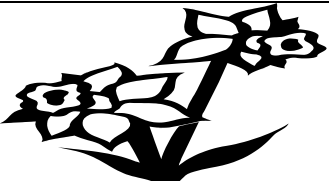
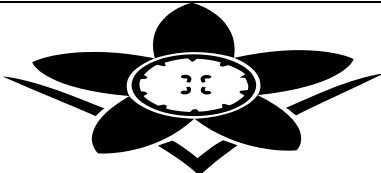



# Anderson School Lunch Menu May 2010

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Fajitas (Grilled Chicken, Cheddar Cheese, Sautéed Sweet Peppers & Onions in a Corn or Wheat Tortilla) Avocado, Lettuce, Salsa & Sour Cream Mexican Corn Apricots Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Hot Ham & Cheese Whole Wheat Pitas Potato Salad Red Grapes Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Breaded & Baked Steak Fingers Baked Onion Rings Coleslaw Peaches Or Soup & Salad Bar 1% White or Chocolate Milk <b>Early Release 2pm</b>	Wheat Cinnamon Roll Scrambled Cheese Eggs Sausage Patties Carrot Sticks Strawberries Or Soup & Salad Bar 1% White Milk	Cheese Burger on Wheat Bun Lettuce, Tomato, Onion & Pickle Baked Sweet Potato Fries Watermelon Rice Crispy Bars Or Soup & Salad Bar 1% White Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Sukiyaki Bowl (Beef, Tofu, Shiitake Mushrooms, Leeks, Bok Choy, Scallions & Rice Noodles) Rice Cakes Pineapple Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Cream of Potato Soup with Bacon & Cheddar Cheese Wheat Breadsticks Apples Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Multigrain Macaroni & Cheese Wheat Rolls Steamed Broccoli Nectarines Or Soup & Salad Bar 1% White or Chocolate Milk	Tater Tot Casserole (Eggs, Ham, Cheddar & Onion) Sautéed Asparagus Oranges Apple Juice Or Soup & Salad Bar 1% White Milk	Cheese or Pepperoni Wheat Pizza Mixed Green Salad Honeydew Cookies & Cream Ice Cream Sandwich Or Soup & Salad Bar 1% White Milk
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Ground Beef, Turkey & Cheddar in Corn Tortilla Taco Boat Corn Tortilla Chips Nacho Cheese Sauce Lettuce, Tomato, Onion & Olives Salsa & Sour Cream Clementines Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Roast Beef & Salami, American & Provolone on Wheat Sub Roll Baked Cheetos Lettuce, Tomato & Onion Carrot & Celery Sticks Green Grapes Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Chili Cheese Turkey Dogs on Wheat Buns Baked French Fries Cantaloupe Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Multigrain Pancakes Blueberry Smoothies Bacon Sugar Snap Peas Or Soup & Salad Bar 1% White Milk	Wheat Soft Pretzels Cheese Sauce Broccoli & Cauliflower Sticks Apples Whole Wheat Chocolate Cake Or Soup & Salad Bar 1% White Milk
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Sweet & Sour Chicken & Veggie Stir Fry (Grilled Chicken, Carrots, Broccoli, Onion & Sugar Snap Peas) Asian Brown Rice Chicken Pot Stickers Star Fruit Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Chicken Breast Caesar Salad (Baked Chicken Breast, Romaine, Tomato, Multigrain Croutons, Caesar & Parmesan) Wheat Breadsticks Mangos Or Soup & Salad Bar 1% White Milk or Chocolate Milk	Multigrain Spaghetti with Marinara, Beef & Pork Meatballs & Parmesan Wheat Rolls Peas Pears Or Soup & Salad Bar 1% White or Chocolate Milk	Huevos Rancheros (Scrambled Eggs, Cheddar & Mozzarella in a Wheat Tortilla) Salsa & Sour Cream Baked Hash Browns Fruit Salad Orange Juice Or Soup & Salad Bar 1% White Milk	<b>Memorial Day                      Holiday</b>  <b>No School</b>
<b>31</b>				
<b>Memorial Day                      Holiday                      (observed)                      No School</b>				

## **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

Italian

Caesar

Poppy Seed

Olive Oil & Vinegar

### **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