

# Anderson School Lunch Menu June 2010

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	BLT's on Wheat Baked Potato Chips Carrot & Celery Sticks Nectarines Soup & Salad Bar 1% White Milk or Chocolate Milk	Fettuccini Chicken Alfredo Wheat Garlic French Bread Mixed Green Salad Red Grapes Soup & Salad Bar 1% White Milk or Chocolate Milk	Scrambled Cheese Eggs Sausage Links Various Whole Grain Cereals Strawberry Banana Smoothies Soup & Salad Bar 1% White Milk	Multigrain Chicken Tenderloin Strips Tater Tots Honeydew Chocolate Scotcheroots Soup & Salad Bar 1% White Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Ground Beef & Turkey & Cheddar Nachos Nacho Cheese Sauce Lettuce, Tomato, Onion & Olives Pineapple Salsa & Sour Cream Soup & Salad Bar 1% White Milk or Chocolate Milk	<b>Anderson School Picnic</b> BBQ Chicken Beef Brisket Baked Beans Corn on the Cob Wheat Rolls Potato Salad Coleslaw Veggie Tray Watermelon Raspberry Lemonade Milk Sundae Station	<b>Last Day of School!</b>  <b>Early Release 11:30</b> <b>No Lunch Served</b>		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b>	<b>29</b>	<b>30</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

### **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

### **Proteins:**

Fat Free Cottage Cheese  
Low Fat Cream Cheese  
Strawberry 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

### **Condiments:**

Butter  
Jelly  
Mayonnaise  
Mustard

Hello Anderson Families,

Please join us Tuesday, June 8<sup>th</sup> for our first annual Anderson School End of the Year Picnic. Our kitchen will be preparing a feast to celebrate the end of a wonderful school year and the success of our first year with our own hot lunch, soup and salad bar program. Please invite any of your family, relatives and friends for this event and come to Anderson School at your child's regular lunch time, K-4<sup>th</sup> at 11:30 and 5<sup>th</sup>-8<sup>th</sup> at 12:15. Cost will be \$2.70 for children and \$3.00 for adults. Lunch will be served in our lunchroom, then weather permitting, we will have tables set up outside for dining. Please let your child's teacher, Betty in the office or myself know by Monday, June 7<sup>th</sup> before 4pm if you will be attending this picnic lunch.

I wanted to give a personal "thank you" to all of you who supported the lunch program this year. Please know that my goal here at Anderson is to give our children the highest quality of fresh, whole foods available that they will like or eventually learn to like, that are affordable, all while having a limited budget and a small staff. This has and will continue to be a learning process for myself, but I am striving to make our lunches as healthy as possible without all of the food additives and processing. With our nation becoming more and more aware of what high fat, high sugar, highly processed low nutrient foods can do to our bodies, things are and will continue to change. The more we buy and demand whole, real foods, the more they will be available to us at lower costs. Check out Chef Jamie Oliver's Food Revolution on his website at [www.jamieoliver.com](http://www.jamieoliver.com) and see what he's been doing to change the lunch programs throughout America. Our First Lady, Michelle Obama is even on board making her first initiative to get school lunches healthier. Change can happen, sometimes it just takes longer than we would like.

I wish everyone an awesome summer! I hope to see you at our picnic!

Sincerely,

Sally Handsaker-Donch

