


Anderson School Lunch Menu August-September 2010

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27	28	29	30	
Chicken & Veggies Wheat Soba Noodle Bowl Crispy Wontons Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	BLT's on Wheat Bread Baked Potato Chips Cauliflower Trees Green Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Shrimp Scampi over Wheat Linguini Wheat Breadstick Steamed Broccoli Cantaloupe Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat Blueberry Muffin Scrambled Cheese Eggs Bacon Sugar Snap Peas Banana Or Soup & Salad Bar Skim or 1% White Milk	

Soup & Salad Bar

Veggies:

Mixed Greens (Romaine & Spinach)
 Broccoli Florets
 Cauliflower Florets
 Cherry Tomatoes
 Red Pepper Sticks
 Shredded Carrots
 Shredded Radish
 Sliced Celery
 Sliced Cucumber
 Sliced Black Olives
 Sliced Mushrooms
 Slice Onions
 Sugar Snap Peas

Proteins:

Fat Free Cottage Cheese
 Low Fat Cream Cheese
 Shredded Mild Cheddar
 Variety Low Fat Yogurts
 Cubed Ham
 Cubed Turkey
 Chopped Hard Boiled Eggs
 Tofu
 Garbanzo Beans
 Real Bacon Bits
 Sunflower Nuts
 Walnuts
 Peanut Butter

Fresh Fruit:

Seasonal Varieties

Dressings:

Ranch
 Balsamic Vinaigrette
 Italian
 Caesar
 Poppy Seed
 1000 Island

Grains:

Wheat Croutons
 Whole Wheat Rolls
 Whole Grain Breadsticks
 Wheat Bagels
 Wheat English Muffins
 Whole Grain Crackers
 Rice Crackers

Condiments:

Butter
 Jelly
 Mayonnaise
 Mustard

Soup:

The daily soup is decided on a weekly basis.

A list will be posted in the lunch room & also emailed to the student's teachers every Friday for the following week.

