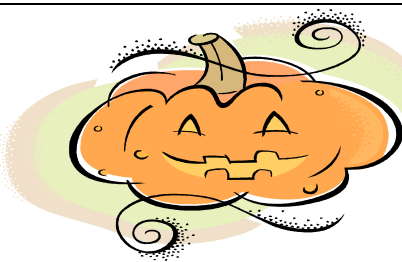



# Anderson School Lunch Menu October 2010

Mon	Tue	Wed	Thu	Fri
				<b>1</b> Wheat Cheese Pizza with Toppings Station(Canadian Bacon, Pepperoni, Sausage, Onions, Olives, Mushrooms & Peppers) Mixed Green Salad Golden Delicious Apples Chocolate Zucchini Cake Or Soup & Salad Bar Skim or 1% White Milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Beef & Turkey Taco Meat Nacho Cheese Sauce Corn Tortilla Chips Lettuce, Tomato, Onion & Olives Salsa, Sour Cream & Guacamole Nectarines Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Fried Steak Mashed Potatoes Gravy Corn Wheat Rolls Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Beef & Pork Lasagna Wheat Garlic Bread Green Beans Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat Cinnamon Roll Scrambled Eggs Sausage Patties Cherry Tomatoes & Sugar Snap Peas Strawberry Banana Smoothies Or Soup & Salad Bar Skim or 1% White Milk	Multigrain Chicken Corndogs Baked Tater Tots Baby Carrots Watermelon Apple Walnut Bread Pudding with Vanilla Crème Anglaise Or Soup & Salad Bar Skim or 1% White Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Shrimp Pad Thai Fried Tofu & Wontons Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Potato Soup topped with Bacon, Cheddar & Chives Wheat Cheesy Bread Broccoli Trees Peaches Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	BBQ Baby Back Pork Ribs Wholegrain Rotini & Veggie Salad Corn Bread Red Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Pancakes Scrambled Cheese Eggs Celery with Peanut Butter Strawberries Orange Juice Or Soup & Salad Bar Skim or 1% White Milk	Cheese Burger on Wheat Bun Lettuce, Tomato, Onion & Pickle Baked French Fries Kiwi Blueberry Crisp Or Soup & Salad Bar Skim or 1% White Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Chicken & Cheddar Hard Shelled Corn Tacos Refried Beans Brown Spanish Rice Lettuce, Tomato, Onion & Olives Salsa, Sour Cream & Guacamole Apricots Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Pulled Pork on Wheat Bun Coleslaw Applesauce Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat Soft Pretzels Cheese Sauce Baby Carrots & Celery Sticks Fruit Cocktail Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	<b>Flex PIR Day</b>  <b>No School</b>	<b>Flex PIR Day</b>  <b>No School</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Sweet & Sour Chicken Veggie Egg Rolls Brown Rice Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken & Dumplings Wheat Roll Carrots & Peas Apples Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Spaghetti with Ground Beef, Parmesan & Marinara Wheat Breadstick Brussels Sprouts Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Fruit, Yogurt & Granola Parfaits Ham, Cheese & Veggie Quiche Apple Juice Or Soup & Salad Bar Skim or 1% White Milk	French Dip Steak Fries Cantaloupe Key Lime Bars Or Soup & Salad Bar Skim or 1% White Milk

## Soup & Salad Bar

### Veggies:

Mixed Greens (Romaine & Spinach)  
Baby Carrots  
Broccoli Florets  
Cauliflower Florets  
Celery Sticks  
Cherry Tomatoes  
Radish  
Red Pepper Sticks  
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  
Cubed Breaded Chicken  
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  
Whole Grain Crackers  
Rice Cakes  
Rice Crackers

### Condiments:

Butter  
Smart Balance  
Jelly  
Mayonnaise  
Mustard  
Ketchup

### 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.