


Anderson School Lunch Menu December 2010

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|---|
| 6 | | 1 | 2 | 3 |
|  | | Chicken Breast Caesar Salad Wheat Breadstick Pomegranates Or Soup & Salad Bar Skim, 1% White or Chocolate Milk | Wheat Cinnamon Roll Scrambled Cheese Eggs Bacon Sugar Snap Peas Oranges Apple Juice Or Soup & Salad Bar Skim or 1% White Milk | No School |
| 6 | 7 | 8 | 9 | 10 |
| Teriyaki Chicken Breast Sautéed Asian Veggies Veggie Egg Roll Brown Asian Rice Honeydew Or Soup & Salad Bar Skim, 1% White or Chocolate Milk | BLT on Wheat Baked Potato Chips Baby Carrots Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk | Ground Beef & Pork Bolognese over Whole Wheat Penne Wheat Roll Green Beans Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk | Whole Wheat Breakfast Burrito (Scrambled Eggs, Ham, Refried Beans, Cheddar Cheese & Hash Browns) Guacamole, Salsa & Sour Cream Strawberry Cups Or Soup & Salad Bar Skim or 1% White Milk | Multigrain Chicken Corndog Tater Tots Corn Red Grapes Apple Crisp with Vanilla Ice Cream Or Soup & Salad Bar Skim or 1% White Milk |
| 13 | 14 | 15 | 16 | 17 |
| Breaded Cod Fish Corn Tacos Ranch Style Black Beans Corn Tortilla Chips Lettuce, Tomato, Onion & Olives Salsa & Chipotle Cilantro Sauce Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk | Turkey & Beef Chili in Wheat Bread Bowl Broccoli Trees Applesauce Or Soup & Salad Bar Skim, 1% White or Chocolate Milk | Baked Potato Bacon, Broccoli, Cheddar, Chives & Sour Cream Wheat Bagel with Cream Cheese Bananas Or Soup & Salad Bar Skim, 1% White or Chocolate Milk | Multigrain Pancakes Sausage Patties Cherry Tomatoes Raspberry Smoothie Or Soup & Salad Bar Skim or 1% White Milk | Wheat Cheese or Pepperoni Pizza Spinach Salad Peaches Gingerbread People Cookie Or Soup & Salad Bar Skim or 1% White Milk |
| 20 | 21 | 22 | 23 | 24 |
| Winter Break Begins! No School | | | | |
| 27 | 28 | 29 | 30 | 31 |
| | | | |  |

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
Sesame

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.

