

Anderson School Lunch Menu February 2011

Mon	Tue	Wed	Thu	Fri
	1 BLT on Wheat Baked Potato Chips Broccoli Trees Apples with Peanut Butter Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	2 Ground Beef & Sausage Lasagna Wheat Garlic Bread Green Beans Red Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	3 Wheat Strawberry Muffin Scrambled Cheese Eggs Sausage Links Sugar Snap Peas Tangelos Or Soup & Salad Bar Skim or 1% White Milk	4 Wheat Cheese or Pepperoni Pizza Mixed Green Salad Peaches Vanilla Pudding with Whipped Cream Or Soup & Salad Bar Skim or 1% White Milk
7 Teriyaki Chicken Sautéed Asian Veggies California Roll Brown Asian Rice Honeydew Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	8 Roast Turkey Mashed Potatoes & Gravy Stuffing Wheat Roll Apples Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	9 Baked Potato Bacon, Broccoli, Cheddar, Chives & Sour Cream Wheat Bagel with Cream Cheese Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	10 Multigrain Waffles Bacon Baked Cheese Eggs Baby Carrots Bananas Orange Juice Or Soup & Salad Bar Skim or 1% White Milk	11 Multigrain Chicken Corn Dog Tater Tots Corn Watermelon Heart Sugar Cookie Or Soup & Salad Bar Skim or 1% White Milk
14 Ground Beef, & Turkey Nachos Nacho Cheese Sauce Lettuce, Tomato, Onion & Olives Guacamole, Salsa & Sour Cream Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	15 Chicken Breast Caesar Salad Wheat Bread Sticks Cherries Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	16 Beef & Pork Meatballs with Marinara over Multigrain Spaghetti Wheat Roll Peas Applesauce Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	17 Wheat Cinnamon Roll Baked Ham Cherry Tomatoes Raspberry Smoothie Or Soup & Salad Bar Skim or 1% White Milk	18 Cheeseburger on Wheat Bun Lettuce, Tomato, Onion and Pickle Baked French Fries Cantaloupe Scotcherros Or Soup & Salad Bar Skim or 1% White Milk Early Dismissal 12:30
21 President's Day NO SCHOOL	22 Baked Ham & Cheese on Wheat Tomato Soup Cauliflower Trees Green Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	23 Barbequed Baby Back Pork Ribs Cornbread Coleslaw Apricots Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	24 Whole Wheat Scrambled Eggs & Cheddar Breakfast Burrito Guacamole, Salsa & Sour Cream Hash Browns Oranges Apple Juice Or Soup & Salad Bar Skim or 1% White Milk	25 Baked Chicken Tenderloin Strips Potato Wedges Kiwi Lemon Bar Or Soup & Salad Bar Skim or 1% White Milk
28 Fish & Chips (Battered & Baked Cod with Hand-cut Baked Potato Chips) Whole Wheat Penne & Veggie Salad Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk				

Soup & Salad Bar

Veggies:

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

Proteins:

Fat Free Cottage Cheese
Low Fat Cream Cheese
Strawberry Cream Cheese
Shredded Low Fat Cheddar & Mozzarella Cheese
Variety Low Fat Yogurts
Cubed Ham
Cubed Turkey
Cubed Breaded Chicken
Chopped Hard Boiled Eggs
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
Honey
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.

