

# Anderson School Lunch Menu January 2011

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Ground Beef & Turkey with Cheddar Hard Shell Corn Tacos Nacho Cheese Sauce Corn Tortilla Chips Lettuce, Tomato, Onion, Olives, Salsa, Guacamole & Sour Cream Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Turkey, Ham & Cheese Wheat Sub Tater Tots Lettuce, Tomato, Onion & Pickles Apples Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Alfredo over Whole Wheat Penne Pasta Wheat Roll Mixed Green Salad Red Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Variety of Cold Whole Grain Cereals Scrambled Cheese Eggs Wheat Toast Sugar Snap Peas Oranges Or Soup & Salad Bar Skim or 1% White Milk	Soft Wheat Pretzels Cheese Sauce Broccoli Trees Pineapple Jello with Whipped Cream Or Soup & Salad Bar Skim or 1% White Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Chow Mein over soft Noodles Crispy Cream Cheese Wontons Peaches Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat Grilled Cheese Tomato Soup Ants on a Log Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chef Salad (Romaine, Tomato, Ham, Turkey, Bacon, Hard Boiled Egg, Cheddar & Provolone) Wheat Breadsticks Pomegranates Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat Cinnamon Roll Scrambled Eggs Cherry Tomatoes Cantaloupe Apple Juice Or Soup & Salad Bar Skim or 1% White Milk	Turkey Dog on Wheat Bun with or without Chili & Cheese Tater Tots Kiwi Rice Krispie Bar Or Soup & Salad Bar Skim or 1% White Milk
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Spaghetti Tacos (Wholegrain Spaghetti, Marinara, Ground Beef & Shredded Cheese in a Corn Tortilla) Lettuce, Tomato, Onion & Olives Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Pulled Pork on Wheat Bun Coleslaw Baked Cheetos Applesauce Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Carbonara over Whole Wheat Spaghetti (Bacon, Egg, Cream & Parmesan Cheese Sauce) Wheat Roll Green Beans Apricots Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat French Toast Sticks Strawberry Banana Smoothie Baby Carrots Or Soup & Salad Bar Skim or 1% White Milk	Cheese Burgers on Wheat Buns Baked French Fries Lettuce, Tomato, Onion & Pickles Watermelon Brownies Or Soup & Salad Bar Skim or 1% White Milk
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Sweet & Sour Chicken Potstickers Brown Rice Green Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	French Dip Sun Chips Celery & Carrot Sticks Honeydew Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Macaroni & Cheese with or without Hamburger Wheat Roll Sautéed Broccoli Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Fruit, Yogurt & Granola Parfait Ham & Cheese Frittata Wheat English Muffin Cauliflower Trees Or Soup & Salad Bar Skim or 1% White Milk	Popcorn Chicken Baked Sweet Potato Fries Apples Mud Pie Or Soup & Salad Bar Skim or 1% White Milk
<b>31</b>				
Layered Pork Enchiladas Refried Beans Mexican Brown Rice Mangos 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  
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  
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.

