
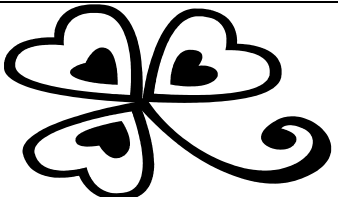


Anderson School Lunch Menu March 2011

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Ham, Turkey, Salami, Cheddar & Provolone Wheat Sub Sandwich Lettuce, Tomato, Onion & Pickle Sun Chips Baby Carrots Green Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Cheese Raviolis with Marinara & Parmesan Wheat Breadsticks Tossed Spinach, Mandarin Orange & Sliced Almond Salad with Poppy Seed Dressing Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Variety of Whole Grain Cold Cereals Sausage Pattie Wheat Toast Sugar Snap Peas Bananas Or Soup & Salad Bar Skim or 1% White Milk	Mild Buffalo Chicken Wings Baked French Fries & Onion Rings Celery Sticks Pineapple Cherry Cobbler with Whipped Cream Early Dismissal 12:30 Or Soup & Salad Bar Skim or 1% White Milk
7	8	9	10	11
Chicken Fajitas Black Beans Mexican Rice Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	French Dip Potato Wedges Strawberries Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Spaghetti Tacos (Multigrain Spaghetti with Ground Beef Marinara & Shredded Cheese in a Hard Corn Taco Shell) Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Multigrain Pancakes Cheese Eggs Bacon Cherry Tomatoes Orange Juice Or Soup & Salad Bar Skim or 1% White Milk	Cheese or Pepperoni Pizza Mixed Green Salad Peaches Shamrock Sugar Cookie Or Soup & Salad Bar Skim or 1% White Milk
14	15	16	17	18
<h2 style="font-size: 2em;">Spring Break!</h2>				
21	22	23	24	25
Chicken Chow Mein with Crispy Noodles Veggie Egg Roll Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	BBQ Pulled Pork on Wheat Bun Baked Beans Potato Salad Applesauce Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Breast Alfredo with Whole Wheat Penne Pasta Brussels Sprouts Red Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Fruit, Vanilla Yogurt & Granola Parfait Banana Muffin Ants on a Log Or Soup & Salad Bar Skim or 1% White Milk	Soft Wheat Pretzels with Cheddar Cheese Sauce Broccoli Trees Strawberry Cups Vanilla & Chocolate Ice Cream Bar Or Soup & Salad Bar Skim or 1% White Milk
28	29	30	31	
Ground Beef & Turkey with Cheddar Hard Shell Corn Tacos Lettuce, Tomato, Onion, Olives, Salsa, Guacamole Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Turkey Dog on Wheat Bun Wholegrain Macaroni & Cheese Cauliflower Trees Watermelon Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Peanut Butter & Jelly Wheat Sandwich Chicken Noodle Soup Carrot Sticks Kiwi Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Breakfast Bagel Sandwich (Wheat Bagel, Eggs, Bacon & American Cheese) Asparagus Apple Juice 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
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.

