
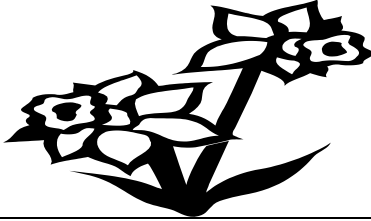


# Anderson School Lunch Menu April 2011

Mon	Tue	Wed	Thu	Fri
				1 Green Eggs & Ham Moldy Toast Ants on a Log Spiders Dirt with Worms <b>April Fools!</b> Or Soup & Salad Bar Skim or 1% White Milk
4	5	6	7	8
Teriyaki Chicken Sautéed Asian Veggies California Roll Brown Asian Rice Nectarines Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Baked Cheese on Whole Wheat Tomato Soup Carrot & Celery Sticks Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Spaghetti with Marinara, Beef & Pork Meatballs & Parmesan Wheat Garlic Bread Peas Cantaloupe Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat Cinnamon Roll Scrambled Cheese Eggs Bacon Tomato Juice Oranges Or Soup & Salad Bar Skim or 1% White Milk	Baked Chicken Tenderloin Strips Baked Crinkle Fries Corn Red Grapes Magic Bar Or Soup & Salad Bar Skim or 1% White Milk
11	12	13	14	15
Whole Wheat Cheese Quesadilla Nacho Cheese Sauce Corn Tortilla Chips Black Bean Salad Honeydew Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	BLT on Wheat Baked Potato Chips Baby Carrots Celery Sticks Apples with Peanut Butter Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Breast Caesar Salad Wheat Breadsticks Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain French Toast Sticks Sausage Links Blueberry Smoothie Sugar Snap Peas Or Soup & Salad Bar Skim or 1% White Milk	Cheese Burger on Wheat Bun Lettuce, Tomato, Onion & Pickle Baked Sweet Potato Fries Peaches Jello with Whipped Cream Or Soup & Salad Bar Skim or 1% White Milk
18	19	20	21	22
Baked Breaded Shrimp Veggie Fried Brown Rice Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Beef, Turkey & Bean Chili Corn Bread Muffin Peaches Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Ground Beef & Sausage Lasagna French Bread Mixed Green Salad Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Cheese Quiche Wheat English Muffin Broccoli Trees Fruit Salad Apple Juice Or Soup & Salad Bar Skim or 1% White Milk	Wheat Cheese or Pepperoni Pizza Baby Carrots Sugar Snap Peas  Egg Sugar Cookie Or Soup & Salad Bar Skim or 1% White Milk
25	26	27	28	29
Ground Beef & Turkey Taco Salad in Tortilla Bowls Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Peanut Butter & Jelly on Whole Wheat Turkey Noodle Soup Broccoli Trees Apples Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Baked Potatoes with Bacon, Broccoli, Cheddar & Chives Wheat Rolls Kiwi Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Variety of Cold Whole Grain Cereals Scrambled Cheese Eggs Wheat Toast Carrot Sticks Bananas Or Soup & Salad Bar Skim or 1% White Milk	Multigrain Chicken Corn Dog Tater Tots Corn Watermelon Lemon Cake 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  
Red Pepper Sticks  
Shredded Radish  
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.