

# Anderson School Lunch Menu May 2011

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Sweet & Sour Chicken Sautéed Asian Veggies Veggie Egg Roll Brown Asian Rice Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	French Dip Potato Wedges Mixed Green Salad Peaches Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Macaroni & Cheese Wheat Breadstick Green Beans Strawberries Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wheat Cinnamon Roll Bacon Pineapple Orange Smoothie Sugar Snap Peas Or Soup & Salad Bar Skim or 1% White Milk	Turkey Dog on Wheat Bun Baked Beans Potato Salad Watermelon Ice Cream Cups Or Soup & Salad Bar Skim or 1% White Milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Ground Beef & Turkey Hard Shell Taco Nacho Cheese Sauce Corn Chips Black Bean Salad Lettuce, Tomato, Onion & Olives Guacamole, Salsa & Sour Cream Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Ham, Turkey, Salami, Cheddar & Provolone Wheat Sub Sandwich Lettuce, Tomato, Onion & Pickles Baked Cheetos Baby Carrots & Celery Sticks Red Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Breast Caesar Salad Wheat Rolls Cantaloupe Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Scrambled Eggs Sausage Gravy Biscuit Hash browns Fruit Salad Apple Juice Or Soup & Salad Bar Skim or 1% White Milk	Soft Wheat Pretzel Cheese Sauce Broccoli Trees Pears Cheesecake Bar Or Soup & Salad Bar Skim or 1% White Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Orange Beef Sautéed Asian Veggies California Roll Crispy Noodles Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Barbequed Baby Back Pork Ribs Cornbread Coleslaw Honeydew Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Alfredo over Wheat Penne Pasta Wheat Breadstick Spinach Salad Raspberries Or Soup & Salad Bar Skim, 1% White or Chocolate Milk <b>Early Dismissal 12:30</b>	Multigrain Waffles Sausage Pattie Vanilla Yogurt Cups Mixed Berries Sliced Cucumbers Or Soup & Salad Bar Skim or 1% White Milk	Cheese Burger on Wheat Bun Lettuce, Tomato, Onion & Pickle Baked French Fries Watermelon Mud Pie Or Soup & Salad Bar Skim or 1% White Milk
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Shredded Chicken Enchiladas Refried Beans Corn Chips Brown Mexican Rice Guacamole, Salsa & Sour Cream Green Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	BLT on Wheat Baked Potato Chips Cauliflower Trees Apples with Peanut Butter 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	Scrambled Cheese Eggs Granola, Fruit & Yogurt Parfait Wheat English Muffin Tomato Juice Or Soup & Salad Bar Skim or 1% White Milk	<b>Memorial Day Holiday</b>  <b>No School</b>
<b>30</b>	<b>31</b>			
<b>Memorial Day Holiday</b>  <b>No School</b>	Baked Cheese on Wheat Tomato Soup Baby Carrots & Celery Sticks 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  
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.