



Anderson School Lunch Menu October 2011

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Chicken & Cheddar Fajita on Flour Tortilla Brown Mexican Rice Black Bean Salad Peach Cups Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Roast Beef, Salami & Provolone on Wheat Sub Baked Potato Chips Wheat Penne Pasta & Veggie Salad Green Grapes Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chef Salad (Ham, Turkey, Cheddar, Swiss, Hard Boiled Eggs, Bacon Pieces, & Cherry Tomatoes on Romaine) Wheat Breadsticks Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	French Toast Sticks Sausage Pattie Sugar Snap Peas Banana Strawberry Smoothie Or Soup & Salad Bar Skim or 1% White Milk	Cheeseburger on Wheat Bun Lettuce, Onion, Pickle & Tomato Baked Sweet Potato Fries Plums Cherry Bread Pudding with Chocolate Sauce & Whipped Cream Or Soup & Salad Bar Skim or 1% White Milk
10	11	12	13	14
Orange Beef Sautéed Broccoli Veggie Egg Roll Steamed Brown Rice Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Barbequed Pork Ribs Potato Salad Cornbread Cantaloupe Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Ground Beef & Pork Lasagna Peas Wheat Garlic Bread Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Scrambled Eggs Bacon Hash Browns Wheat Toast Oranges Apple Juice Soup & Salad Bar Skim or 1% White Milk	Turkey Dog on Wheat Bun Baked Cheese Fries Baby Carrots Watermelon Pumpkin Cheesecake Bar Or Soup & Salad Bar Skim or 1% White Milk
17	18	19	20	21
Chicken & Cheese Enchiladas Refried Beans Guacamole & Salsa Brown Southwestern Rice Corn Tortilla Chips Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Ground Beef & Turkey Meatloaf Mashed Potatoes Gravy Peas Wheat Roll Apples Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Multigrain Penne Pasta with Bolognese & Parmesan (Ground Beef with a Tomato & Veggie Cream Sauce) Wheat Breadstick Spaghetti Squash Honeydew Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	<p style="font-size: 1.5em; font-weight: bold; text-align: center;">PIR Day</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">NO SCHOOL</p>	<p style="font-size: 1.5em; font-weight: bold; text-align: center;">PIR Day</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">NO SCHOOL</p>
24	25	26	27	28
Shrimp Fried Brown Rice Sautéed Asian Veggies Crispy Cream Cheese Wonton Strawberry Cup Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Baked Fried Chicken Broccoli Salad Biscuit Applesauce Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Sliced Roast Ham Scalloped Potatoes Wheat Roll Green Beans Fruit Cocktail Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Cinnamon Roll Scrambled Cheese Eggs Sausage Link Cherry Tomatoes Bananas Or Soup & Salad Bar Skim or 1% White Milk	Wheat Cheese or Pepperoni Pizza Caesar Salad Peaches Pumpkin Sugar Cookie Or Soup & Salad Bar Skim or 1% White Milk
31				
Spaghetti Tacos with or w/o Ground Beef Nacho Cheese Sauce Corn Tortilla Chips Kiwi 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
Mixed Pepper Sticks
Radish
Sliced Cucumber
Sliced Black Olives
Slice Onions
Sugar Snap Peas

Fresh Fruit:

Seasonal Varieties

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

Grains:

Wheat Croutons
Whole Wheat Rolls
Whole Grain Breadsticks
Wheat Bagels
Whole Grain Crackers
Rice Cakes
Rice Crackers

Dressings:

Balsamic Vinaigrette
Caesar
Italian
Poppy Seed
Ranch

Condiments:

Butter
Smart Balance
Honey
Jellies
Mayonnaise
Mustard
Ketchup

Soup:

- The daily soup is decided on a weekly basis.
- A weekly list will be posted in the lunch room.
- An email will be sent to your child's teacher every Friday with the following week's soups listed.
- If you would like to be included on the email list to have the following week's soups sent to you, please email me at sdonch@andersonmt.org.

Lunch Prices:

K-4 \$2.75
5-8 \$3.20
Adults \$3.50

- 1% Chocolate Milk will only be served Monday-Wednesday.
- Dessert will be served on Fridays.
- Please join your child anytime to enjoy our lunch program. Let the front office or your child's teacher know when you plan on attending.

If you have any questions, comments or concerns, please feel free to contact me.

Sally Handsaker-Donch
Food Service Director -Chef
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