



# Anderson School Lunch Menu February 2012

Mon	Tue	Wed	Thu	Fri
		<b>1</b> Chicken Alfredo (Grilled Chicken Breast over Wheat Rotini Pasta with a Garlic, Parmesan Cream Sauce) French Bread Green Beans Apples Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	<b>2</b> Ham & Cheese Quiche (Ham, Shredded Cheese, Eggs & Cream in a Pie Crust) Wheat English Muffin Hash Browns Mixed Fruit Salad (Blueberries, Raspberries, Strawberries, Kiwi & Mango) Or Soup & Salad Bar Skim or 1% White Milk	<b>3</b> Turkey Dog on Wheat Bun Baked Tater Tots Watermelon Red Velvet Cake Or Soup & Salad Bar Skim or 1% White Milk
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Ground Beef, Turkey & Cheese Nachos Lettuce, Tomato, Onion, Olives, Jalapenos, Guacamole, Salsa & Sour Cream Strawberry Cup Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	French Dip (Sliced Roast Beef on a Baguette with Au Jus) Oven-baked Potato Chips Baby Carrots Kiwi Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Pasta Primavera (Multigrain Penne Pasta with Asparagus, Carrots, Garlic, Onions, Red Peppers, Tomatoes & Yellow Squash sautéed in Olive Oil & topped with Parmesan) Wheat Cheesy Bread Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Cinnamon Roll Scrambled Cheese Eggs Sausage Patty Bananas Orange Juice Or Soup & Salad Bar Skim or 1% White Milk	Wheat Cheese or Pepperoni Pizza Broccoli Trees Cherries Apple Cobbler with Whipped Cream Or Soup & Salad Bar Skim or 1% White Milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Thai Curry Chicken Noodle Bowl (Chicken Breast, Asian Veggies & Rice Noodles in a Coconut & Yellow Curry Broth) Crispy Cream Cheese Wontons Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Sloppy Joe on Wheat Bun (Ground Beef with a Tomato Sauce) Broccoli Salad Applesauce Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chef Salad (Romaine, Grape Tomatoes, Ham, Turkey, Cheddar, Provolone, Hard Boiled Eggs & Bacon) Wheat Breadsticks with Marinara Sauce Cantaloupe Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Breakfast Bagel (Wheat Bagel, Bacon, Scrambled Eggs & Cheese) Grape Tomatoes Oranges Apple Juice Or Soup & Salad Bar Skim or 1% White Milk	Multigrain Chicken Strips Baked French Fries Cauliflower Trees Pears Scotcheroo Or Soup & Salad Bar Skim or 1% White Milk <b>Early Dismissal                      12:30</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>No School                      President's                      Day                      Holiday</b>	Baked & Breaded Steak Patty Mashed Potatoes & Gravy Corn Wheat Roll Peaches Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Spaghetti with Marinara, Beef & Pork Meatballs & Parmesan Wheat Garlic Bread Mixed Green Salad Mixed Fruit (Cantaloupe, Grapes, Honeydew, Oranges & Pineapple) Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain French Toast Sticks Scrambled Eggs Bacon Sugar Snap Peas Strawberries Or Soup & Salad Bar Skim or 1% White Milk	Cheeseburger on Wheat Bun Lettuce, Tomato, Onion & Pickle Baked Sweet Potato Fries Red Grapes Lemon Bar Or Soup & Salad Bar Skim or 1% White Milk
<b>27</b>	<b>28</b>	<b>29</b>		
Chicken, Cheese & Bean Wheat Burrito Mexican Brown Rice Guacamole, Salsa & Sour Cream Peach Cup Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Barbequed Pork Ribs Whole Wheat Pasta & Veggie Salad Corn Bread Honeydew Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Baked Potato Bacon, Broccoli, Cheese, Chives & Sour Cream Wheat Breadsticks Mandarin Oranges 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  
Slice Onions  
Sugar Snap Peas

## Fresh Fruit:

Seasonal Varieties

## Proteins:

Variety Low Fat Yogurts  
Fat Free Cottage Cheese  
Low Fat Cream Cheese  
Strawberry Cream Cheese  
Shredded Low Fat Cheddar & Mozzarella Cheese  
Sliced American Cheese  
Sliced Ham  
Sliced Turkey  
Chicken Strips  
Chopped Hard Boiled Eggs  
Garbanzo Beans  
Real Bacon Bits  
Sunflower Nuts  
Walnuts  
Peanut Butter

## Grains:

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

## Dressings:

Balsamic Vinaigrette  
Caesar  
Ranch  
Poppy Seed  
Italian

## 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](mailto: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.

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