

Anderson School Lunch Menu January 2012

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Ground Beef & Turkey with Cheddar Hard Shell Corn Tacos Nacho Cheese Sauce Corn Tortilla Chips Lettuce, Tomato, Onion, Olives, Salsa, Guacamole & Sour Cream Mandarin Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Barbequed Pulled Pork on Wheat Bun Baked Potato Chips Coleslaw Watermelon Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Carbonara (Bacon, Egg, Cream & Parmesan Sauce) over Whole Wheat Spaghetti Wheat Roll Green Beans Cantaloupe Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Berries, Kiwi, Mango, Vanilla Yogurt & Granola Parfait Ham & Cheese Eggs Wheat English Muffin Broccoli & Cauliflower Trees Or Soup & Salad Bar Skim or 1% White Milk	Multigrain Chicken Corn Dogs Tater Tots Corn Red Grapes Oatmeal Raisin Cookie Or Soup & Salad Bar Skim or 1% White Milk
9	10	11	12	13
Teriyaki Chicken Sautéed Oriental Veggies Chicken Pot Stickers Brown Asian Rice Pineapple Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Peanut Butter & Jelly on Wheat Bread Chicken Noodle Soup Baby Carrots Apples Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Baked Potato Bacon, Broccoli, Cheese, Chives & Sour Cream Wheat Cheesy Bread Mangos Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Selection of Wholegrain Cold Cereals Scrambled Cheese Eggs Strawberries Orange Juice Or Soup & Salad Bar Skim or 1% White Milk	Multigrain Chicken Strips Baked Sweet Potato Fries Honeydew Cherry Crisp with Vanilla Ice Cream Or Soup & Salad Bar Skim or 1% White Milk
16	17	18	19	20
Chicken & Cheddar Fajita on Flour Tortilla Brown Mexican Rice Black Bean Salad Strawberry Cup Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Roast Turkey Mashed Potatoes Gravy Corn Wheat Roll Pomegranates Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Macaroni & Cheese with or without Hamburger Wheat Breadsticks Peas Pears Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Wholegrain Cinnamon Roll Scrambled Eggs Sausage Link Apple Juice Bananas Or Soup & Salad Bar Skim or 1% White Milk	Wheat Soft Pretzel Cheese Sauce Broccoli & Cauliflower Trees Watermelon Mud Pie Or Soup & Salad Bar Skim or 1% White Milk
23	24	25	26	27
Shrimp Fried Brown Rice Sautéed Asian Veggies Crispy Cream Cheese Wonton Peaches Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Ham, Turkey, Cheddar & Provolone Wheat Sub Sandwich Lettuce, Tomato, Onion & Pickle Baked Cheetos Oranges Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Chicken Breast Caesar Salad Wheat Breadsticks Blueberries Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	Multigrain Pancakes Banana, Mango, Orange, Pineapple, Vanilla Yogurt Smoothie Bacon Sugar Snap Peas Or Soup & Salad Bar Skim or 1% White Milk	Cheeseburger on Wheat Bun Lettuce, Tomato, Onion & Pickle Baked French Fries Strawberry Applesauce Chocolate Vanilla Swirl Pudding with Whipped Cream Or Soup & Salad Bar Skim or 1% White Milk
30	31			
Spaghetti Tacos with Meatballs Mixed Green Salad Kiwi Or Soup & Salad Bar Skim, 1% White or Chocolate Milk	BLT on Wheat Bread Celery with Peanut Butter Green Grapes 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:

Fat Free Cottage Cheese
Low Fat Cream Cheese
Strawberry Cream Cheese
Shredded Low Fat Cheddar & Mozzarella Cheese
Variety Low Fat Yogurts
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
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.

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