


## Anderson School Lunch Menu January 2018

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>Winter Break No School</b>	<b>Winter Break No School</b>	Spaghetti with Marinara & Meatballs Breadstick Green Beans Pears Or Salad Bar with Chicken Gumbo Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Pancakes Sausage Links Scrambled Cheesy Eggs Oranges Grape Juice Or Salad Bar with Taco Soup(GF&DF) 1% & Skim White Milk	Cheese or Pepperoni-Sausage Pizza Mixed Green Salad Watermelon Or Salad Bar with Minestrone Soup(DF) 1% & Skim White Milk Rice Krispy Treat
8	9	10	11	12
Orange Chicken Crispy Cream Cheese Wontons Rice Sautéed Broccoli Pineapple Or Salad Bar with Tomato Ravioli Soup 1% & Skim White Milk Skim Chocolate Milk	Grilled Cheese Sandwich Tomato Soup Celery Sticks Apples Or Salad Bar with Ham, Bean & Lentil Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Beef & Bean Chili in a Tortilla Bowl Topping Station Corn Bread Cantaloupe Or Salad Bar with Cream of Potato Soup(GF) 1% & Skim White Milk Skim Chocolate Milk	Variety of Cold Cereals Bagel Sugar Snap Peas Bananas Mixed Berry Smoothie Or Salad Bar with Chicken Noodle Soup(DF) 1% & Skim White Milk	Beef Hot Dog Topping Station Baked Beans Baked Potato Smiles Peach Cups Or Salad Bar with Butternut Bisque(GF) 1% & Skim White Milk Brownie
15	16	17	18	19
Ground Beef & Turkey Nachos(GF) Topping Station Black Beans Honeydew Or Salad Bar with Creamy Tomato Basil Soup(GF) 1% & Skim White Milk Skim Chocolate Milk	French Dip Baked Steak Fries Broccoli Salad Red Grapes Or Salad Bar with Chicken & Dumpling Soup 1% & Skim White Milk Skim Chocolate Milk	Rotini Pasta Primavera with Grilled Chicken Garlic Bread Mangos Or Salad Bar with Turkey & Rice Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Cinnamon Roll Ham & Cheese Eggs Strawberries Apple Juice Or Salad Bar with Chicken Tortilla Soup(GF) 1% & Skim White Milk	Chicken Tenderloin Strips Baked Waffle Fries Carrot Sticks Pears Or Salad Bar with French Onion Soup(GF) 1% & Skim White Milk Carrot Cake <b>Harvest of the Month Taste Testing Local Carrots</b>
22	23	24	25	26
<b>PIR Day No School</b>	BBQ Pulled Pork Sandwich Cole Slaw Baked Chips Apple Sauce Cups Or Salad Bar with Cream of Potato Soup(GF) 1% & Skim White Milk Skim Chocolate Milk	Chef Salad Mozzarella Break Stick Peaches Or Salad Bar with Taco Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Bacon, Egg & Cheese English Muffin Sandwich Hash Brown Patty Tomato Juice Blueberries Or Salad Bar with Tomato Ravioli Soup 1% & Skim White Milk	Hamburger with or w/o Cheese Topping Station Baked French Fries Mixed Fruit Or Salad Bar with Cream of Mushroom Soup(GF) 1% & Skim White Milk Vanilla Ice Cream Cup with Toppings
29	30	31	31	31
Teriyaki Chicken Egg Roll Crispy Chinese Noodles Sautéed Asian Veggies Mandarin Oranges Or Salad Bar with Chicken & Dumpling Soup 1% & Skim White Milk Skim Chocolate Milk	Grilled Chicken in Pita Bread Topping Station Mediterranean Quinoa Salad Roasted Chick Peas Green Grapes Or Salad Bar with Vegetable Beef Barley Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	Ground Beef & Pork Lasagna Roll Caesar Salad Kiwi Or Salad Bar with Asian Chicken Wonton Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk		

**All grains are whole wheat, wholegrain or multigrain**

**GF= gluten free**

**DF= dairy free**

## Soup and Salad Bar

### Veggies:

Black Olives  
Carrots  
Celery  
Cucumber  
Tomatoes  
Corn  
Mixed Greens  
Pickles  
Red Peppers  
Sugar Snap Peas

### Fresh Fruit:

Seasonal Varieties

### Proteins:

Chicken Strips  
Cottage Cheese  
Cream Cheese  
Edamame Beans  
Garbanzo Beans  
Ham  
Hard Boiled Eggs  
Peanut Butter  
Shredded Cheese  
Sunflower Seeds  
Turkey  
Yogurts

### Grains:

Bagels  
Breadsticks  
Crackers  
Croutons  
Gluten Free Bread  
Granola  
Peanut Butter & Jelly Uncrustables  
Rice Cake  
Rolls

### Dressings:

Balsamic Vinaigrette  
Caesar  
Italian  
Poppy Seed  
Ranch

### Condiments:

Butter  
Jellies  
Ketchup  
Mustard  
Smart Balance

### Lunch Prices:

K-4 \$3.00

5-8 \$3.50

Adults \$4.00

Milk .50c

- Skim 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 contact me!

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