

Anderson School Lunch Menu October 2018

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Chicken Fajita Topping Station Tortilla Chips Pinto Beans Mangos Or Salad Bar with Chicken & Dumpling Soup 1% & Skim White Milk Skim Chocolate Milk	Peanut Butter & Jelly Sandwich Chicken Noodle Soup Carrots & Celery Sticks Mixed Fruit Or Salad Bar with Chicken Gumbo Soup(GF) 1% & Skim White Milk Skim Chocolate Milk	Grilled Chicken Caesar Salad(GF) Garlic Bread Nectarine Or Salad Bar with Tomato Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	French Toast Sticks Sausage Links Sugar Snap Peas Strawberries Apple-Grape Juice Or Salad Bar with Cream of Potato Soup(GF) 1% & Skim White Milk	Cheese or Pepperoni-Sausage Pizza Mixed Green Salad Red Grapes Or Salad Bar with Cream of Broccoli Cheddar 1% & Skim White Milk Mud Pie
8	9	10	11	12
Thai Curry Chicken Noodle Bowl(GF) Topping Station Crispy Cream Cheese Wontons Cantaloupe Or Salad Bar with Tomato Ravioli Soup 1% & Skim White Milk Skim Chocolate Milk	Beef, Turkey & Bean Chili(GF&DF) Topping Station Corn Bread Coleslaw Blueberries Or Salad Bar with Chicken Noodle Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	Lasagna Breadstick Caesar Salad Applesauce Or Salad Bar with Minestrone Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	Cinnamon Roll Scrambled Cheesy Eggs Celery Sticks Oranges Wildberry Smoothie Or Salad Bar with Chicken Tortilla Soup(GF&DF) 1% & Skim White Milk	Soft Pretzel Cheese Sauce Cauliflower & Broccoli Watermelon Or Salad Bar with Boston Clam Chowder 1% & Skim White Milk Fruit Bomb Pop
15	16	17	18	19
Chicken & Cheese Enchiladas Topping Station Rice Black Beans Pineapple Or Salad Bar with Creamy Tomato Basil Soup(GF) 1% & Skim White Milk Skim Chocolate Milk	Ham, Turkey, Salami, Cheddar & Provolone Ciabatta Sandwich Topping Bar Baked Chips Carrot Sticks Pears Or Salad Bar with Chicken & Dumpling Soup 1% & Skim White Milk Skim Chocolate Milk	Baked Potato with or w/o Bacon & Sausage Topping Station Mozzarella Breadstick Marinara Apples Or Salad Bar with Kale, White Bean & Sausage Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk Harvest of the Month Taste Testing Apples	<h1 style="font-size: 2em;">No School PIR Day</h1>	<h1 style="font-size: 2em;">No School PIR DAY</h1>
22	23	24	25	26
Chicken Chow Mein(GF) Crispy Chinese Noodles Mandarin Oranges Or Salad Bar with Cream of Potato(GF) 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 Taco Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Chicken Alfredo over Penne Roll Peas Honeydew Or Salad Bar with Tomato Ravioli Soup 1% & Skim White Milk Skim Chocolate Milk Montana Apple Crunch Time @ 2pm	Sausage, Egg & Cheese English Muffin Breakfast Sandwich Hash Brown Patty Peach Cup Orange Juice Or Salad Bar with Beef Steak Noodle Soup 1% & Skim White Milk	Corn Dog Tater Tots Corn Watermelon Or Salad Bar with Asian Chicken Wonton Soup(GF&DF) 1% & Skim White Milk Donut
29	30	31		
Chicken & Cheese Quesadillas Tortilla Chips, Salsa & Guacamole Refried Beans Peaches Or Salad Bar with Chicken Noodle Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	Roast Turkey Mashed Potatoes & Gravy Roll Green Beans Cranberry Sauce Or Salad Bar with Chicken Tortilla Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Spaghetti Tacos with Meat Sauce Mixed Green Salad Kiwi Or Salad Bar with Vegetable Beef Barley Soup(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
Corn
Grape Tomatoes
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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