



Anderson School Lunch May 2019

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Baked Potato with or w/o Bacon & Sausage Topping Station Mozzarella Break Stick Marinara Mixed Fruit Or Salad Bar with Tomato Ravioli Soup 1% & Skim White Milk Skim Chocolate Milk	Variety of Cold Cereals English Muffin Vanilla Yogurt Cup Sugar Snap Peas Blueberries Apple-Grape Juice Or Salad Bar with Chicken Tortilla Soup(GF&DF) 1% & Skim White Milk	Cheese or Pepperoni-Sausage Pizza Mixed Green Salad Pineapple Or Salad Bar with Cream of Potato Soup(GF) 1% & Skim White Milk Chocolate Chip Cookie
6	7	8	9	10
Shrimp Pad Thai Noodle Bowl Topping Station Fried Tofu Sautéed Broccoli Tangerines Or Salad Bar with Chicken Noodle Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	Grilled Cheese Sandwich Tomato Soup Ants on a Log Wild Berry Cup Or Salad Bar with Taco Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Spaghetti with Marinara & Meatballs Garlic Bread Asparagus Apples Or Salad Bar with Chicken Gumbo(DF) 1% & Skim White Milk Skim Chocolate Milk	Belgian Waffle Stix Scrambled Cheesy Eggs Bacon Strawberries with Whipped Cream Pineapple-Orange Juice Or Salad Bar with Creamy Tomato Basil Soup(GF) 1% & Skim White Milk	Beef Hot Dog Topping Station Baked Beans Baked French Fries Watermelon Or Salad Bar with Clam Chowder 1% & Skim White Milk Ice Cream Bar
13	14	15	16	17
Ground Beef & Turkey Nachos Nacho Cheese Sauce Topping Station Refried Beans Oranges Or Salad Bar with Tomato Ravioli Soup 1% & Skim White Milk Skim Chocolate Milk	Grilled Chicken in Pita Bread Topping Station Mediterranean Quinoa Salad Roasted Chickpeas Green Grapes Or Salad Bar with Chicken & Dumpling Soup 1% & Skim White Milk Skim Chocolate Milk Harvest of the Month Taste Testing Roasted Chickpeas	Macaroni & Cheese with or w/o Hot Dogs & Hamburger Roll Green Beans Pears Or Salad Bar with Vegetable Beef Barley Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	Cinnamon Roll Sausage Links Baby Carrots Tropical Smoothie Cantaloupe Or Salad Bar with Beef & Turkey Chili(GF&DF) 1% & Skim White Milk	Chicken Tenderloin Strips Baked Sweet Potato Fries Mixed Green Salad Kiwi Or Salad Bar with French Onion(GF&DF) 1% & Skim White Milk Apple Freudel
20	21	22	23	24
Chicken Chow Mein Crispy Chinese Noodles Potstickers Pineapple Or Salad Bar with Tomato Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	French Dip Baked Potato Smiles Broccoli Salad Mangos Or Salad Bar with Chicken Tortilla Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Chef Salad Cheese Bread Peaches Or Salad Bar with Cream of Potato Soup(GF) 1% & Skim White Milk Skim Chocolate Milk	Chicken Fried Steak with Gravy Scrambled Eggs Hash Brown Patty Strawberry Cup Fruit Punch Juice Pouch Or Salad Bar with Ham, Bean & Lentil Soup(GF&DF) 1% & Skim White Milk	No School
27	28	29	30	31
No School Memorial Day Holiday	BBQ Pulled Pork on Bun Baked Chips Cole Slaw Watermelon Or Salad Bar with Chicken Noodle Soup(DF) 1% & Skim White Milk Skim Chocolate Milk	Chicken Alfredo over Penne Roll Peas Pears Or Salad Bar with Taco Soup(GF&DF) 1% & Skim White Milk Skim Chocolate Milk	Dutch Waffles Scrambled Cheesy Eggs Sugar Snap Peas Mixed Berry Parfait Orange Juice Or Salad Bar with Asian Chicken Wonton Soup(GF&DF) 1% & Skim White Milk	Soft Pretzel Cheddar Cheese Sauce Broccoli & Cauliflower Trees Apples Or Salad Bar with Beef Stew(GF&DF) 1% & Skim White Milk Sugar Cookie

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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