

Anderson School Lunch Menu October 2021

Mon	Tue	Wed	Thu	Fri
				1 Soft Pretzel Cheddar Cheese Sauce Broccoli & Cauliflower Apples Or Salad Bar with Sausage, Kale & Bean Soup (GF&DF) M&M Cookie
4	5	6	7	8
Orange Chicken Fried Rice Egg Roll Pineapple Or Salad Bar with Creamy Tomato Basil Soup (GF) 1% White & Chocolate Milk	Sunbutter & Jelly Sandwich Chicken Noodle Soup Carrots Pears Or Salad Bar with Cream of Potato Soup (DF) 1% White & Chocolate Milk	Grilled Chicken Parmesan Buttered Spaghetti Garlic Bread Green Beans Kiwi Or Salad Bar with Chicken & Sausage Gumbo (GF&DF) 1% White & Chocolate Milk	Waffle Stix Bacon Grape Juice Mixed Berry Yogurt Parfait Or Salad Bar with Chicken Tortilla Soup (GF&DF) 1% White & Chocolate Milk	Cheese or Pepperoni-Sausage Pizza Mixed Green Salad Cantaloupe Or Salad Bar with Corn Chowder (GF) 1% White & Chocolate Milk Ice Cream Sandwich
11	12	13	14	15
Chicken & Cheese Taquitos Tortilla Chips & Salsa Mexican Black Beans Mandarin Oranges Or Salad Bar with Asian Chicken Wonton Soup (GF&DF) 1% White & Chocolate Milk	Ham, Turkey, Salami, Cheddar & Provolone Sub Sandwich Topping Station Potato Salad Celery Stick Pears Or Salad Bar with Chicken & Dumpling Soup 1% White & Chocolate Milk	Chicken Alfredo over Penne Mozzarella Breadstick Peas Plums Or Salad Bar with Ham, Bean & Lentil Soup (GF&DF) 1% White & Chocolate Milk	Biscuits with Sausage Gravy Scrambled Eggs Hash Browns Honeydew Orange Juice Or Salad Bar with Tomato Florentine Soup (DF) 1% White & Chocolate Milk	Chicken Corn Dog Tater Tots Corn Watermelon Or Salad Bar with Taco Soup (GF&DF) 1% White & Chocolate Milk Zucchini Cake
18	19	20	21	22
Pork & Veggie Ramen Noodle Bowl Topping Station Potstickers Edamame Dragon Fruit Or Salad Bar with Turkey & Rice Soup (GF&DF) 1% White & Chocolate Milk	Grilled Chicken on Pita Bread Topping Station Mediterranean Quinoa Salad Red Grapes Or Salad Bar with Chicken Noodle Soup (DF) 1% White & Chocolate Milk	Spaghetti & Meatballs with Marinara Roll Caesar Salad Blueberries Or Salad Bar with Broccoli Cheddar Soup 1% White & Chocolate Milk	No School PIR Day	No School PIR Day
25	26	27	28	29
Walking Tacos (GF) Topping Station Refried Beans Apples Or Salad Bar with Chicken & Dumpling Soup 1% White & Chocolate Milk	Breaded Chicken Patty Sandwich Baked Potato Wedges Peaches Or Salad Bar with Chicken Tortilla Soup (GF&DF) 1% White & Chocolate Milk	Beef, Turkey & Bean Chili (GF&DF) Corn Bread Mixed Green Salad Watermelon Or Salad Bar with Tomato Florentine Soup (DF) 1% White & Chocolate Milk	Pancakes Scrambled Cheesy Eggs Sausage Links Grapefruit Tropical Smoothie Or Salad Bar with Cream of Potato Soup (GF) 1% White & Chocolate Milk	Hamburger with or w/o Cheese Variety Topping Station Baked French Fries Oranges Or Salad Bar with Shrimp Bisque (GF) 1% White & Chocolate Milk Halloween Sugar Cookie

All grains are whole wheat, wholegrain or multigrain

GF= gluten free

DF= dairy free

Soup & Salad Bar

Veggies:

Carrots
Celery
Chickpeas
Cucumber
Corn
Grape Tomatoes
Pickles
Romaine-Iceberg Mix
Spring Mix

Fresh Fruit:

Seasonal Varieties

Proteins:

Cheese
Chicken Strips
Cottage Cheese
Ham
Sunflower Butter
Sunflower Seeds
Turkey
Yogurt Variety

Grains:

Breadsticks
Crackers
Croutons
Rice Cakes (GF)
Rolls

Dressings:

Balsamic Vinaigrette
Caesar
Poppy Seed
Ranch

Condiments:

Butter
Jellies
Ketchup
Smart Balance

Lunch Prices:

Student lunches are free for the 2021-2022 school year!

Second servings of fruits & vegetables are included with lunch.

Adults \$4.25

Milk, dessert, soup & ala carte items from the salad bar are available for purchase.

If you have any questions, please contact me.

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