

Anderson School Lunch Menu August/September 2022

Mon	Tue	Wed	Thu	Fri
29	30	31	1	2
Quesadilla Veggie or Chicken Spanish Brown Rice(GF, DF) Black Bean Salad(GF) Guacamole, Salsa, Sour Cream Mandarin Oranges Chicken Noodle Soup(DF) Salad Bar and Yogurt Bar Skim Milk	Hamburgers(GF,DF) Veggie Burgers(DF) French Fries Carrot and Celery Sticks Applesauce Cups Creamy Dill Tomato Soup(GF) Salad Bar and Yogurt Bar Skim Milk	Mac and Cheese with Ham or Vegetarian Mac and Cheese Broccoli Salad(GF) Grapes Corn Chowder(GF) Salad Bar and Yogurt Bar Skim Milk	Sausage Egg Breakfast Sandwiches Breakfast Potatoes Blueberry Yogurt Smoothies(GF) Vegetarian Chili(DF, GF) Salad Bar and Yogurt Bar Skim Milk	Chicken Tenders(DF) Sweet Potato Fries Veggie Pasta Salad Watermelon Assorted Popsicle Flavors Carrot Ginger Coconut Soup (DF, GF) Salad Bar and Yogurt Bar Skim Milk or Chocolate Milk
5	6	7	8	9
No School	All Beef French Dip Sandwiches Potato Chips Tomato Basil Pasta Salad Peaches Tomato Florentine Soup (DF,GF) Salad Bar and Yogurt Bar Skim milk	Spaghetti with Ground Beef or Marinara Sauce(DF) Cheese Bread Sticks Basil Cucumber Tomato Feta Salad(GF) Mandarin Oranges Chicken Noodle Soup(DF) Salad Bar and Yogurt Bar Skim milk	Wholegrain Cinnamon Roll Beef or Vegetarian Chili(GF, DF) Hash Browns Fresh Mixed Berry Cups with Whip Cream Broccoli and Cheddar Soup Salad Bar and Yogurt Bar Skim Milk	Cheese or Pepperoni Pizza Chef's Salad Salad(DF,GF) Apple Slices Chocolate Chip Cookies Ham and Lentil Soup(DF,GF) Salad Bar and Yogurt Bar Skim Milk or Chocolate milk
12	13	14	15	16
Teriyaki Chicken Veggie Rice Bowl(GF,DF) Crispy Spring Rolls Asian Garlicky Green Beans(DF,GF) Oranges Chicken Noodle Soup(DF) Salad Bar and Yogurt Bar Skim Milk	Sloppy Joe on Wheat Bun(DF) (Ground Beef with a Tomato Sauce) Quinoa Veggie Salad(GF) French Fries Applesauce Cups Creamy Dill Tomato Soup(GF) Salad Bar and Yogurt Bar Skim Milk	Baked Potato with Toppings Bar (Sausage, Cheese, Sour Cream) Broccoli Salad(GF) Peaches Taco Soup(GF, DF) Salad Bar and Yogurt Bar Skim Milk	Breakfast Burrito with Cheese and Sausage or Vegetarian Mixed Fruit Salad Breakfast Potatoes Vegetarian Chili(GF, DF) Salad Bar and Yogurt Bar Skim milk	Corn Dogs Baked Beans Sweet Potato Fries Watermelon Blueberry Cobbler Vegetable Minestrone Soup(DF) Salad Bar and Yogurt Bar Skim Milk or Chocolate Milk
19	20	21	22	23
Beef or Sweet Potato Enchiladas Spanish Rice Mexican Bean and Corn Salad(GF) Guacamole, Sour Cream, Salsa Apple Slices Chicken Noodle Soup(DF) Salad Bar and Yogurt Bar Skim Milk	Turkey Dinner(DF, GF) Mashed Potatoes & Gravy Corn and Green Beans Wheat Rolls Peaches Tomato Florentine Soup Salad Bar and Yogurt Skim Milk	Chicken Alfredo Pasta Mozzarella Bread Sticks Chef's Green Salad(GF, DF) Grapes Cheddar Broccoli Soup(GF) Salad Bar and Yogurt Bar Skim Milk	Crepes with Strawberries and Whipped Cream Cheesy Scrambled Eggs(GF) Breakfast Sausage Breakfast Potatoes Beef Chili Salad Bar and Yogurt Bar Skim Milk	Walking Tacos Beef or Bean(GF,DF) Tortilla Chips Carrots and Celery Sticks Peaches Dirt with Worms Turkey and Wild Rice Soup(GF, DF) Salad Bar and Yogurt Bar Skim Milk or Chocolate Milk
26	27	28	29	30
Chicken Pad Thai or Veggie Asian Vegetable Medley(DF, GF) Vegetable Spring Rolls Mandarin Oranges Chicken Noodle Soup(DF) Salad Bar and Yogurt Bar Skim Milk	BBQ Pulled Pork Sandwiches(DF, GF) Coleslaw(GF) Potato Chips Fresh Fruit Salad Creamy Tomato Dill Soup(GF) Salad Bar and Yogurt Bar Skim Milk	Mac and Cheese with Ham or Vegetarian with Butternut Squash Green Bean Salad Cantaloupe Corn Chowder Salad Bar and Yogurt Bar Skim Milk	Sausage Egg Sandwich Hash browns Blueberry Yogurt Smoothies(GF) Corn Pudding Pulled Pork Green Chili(GF, DF) Salad Bar and Yogurt Bar Skim Milk	Hamburgers with Cheese(optional) or Veggie Burgers(GF, DF) French Fries Broccoli Salad(GF) Key Lime Bars Curried Vegetable Soup(DF, GF)+ Salad Bar and Yogurt Bar Skim Milk or Chocolate Milk

Soup & Salad Bar

Veggies:

Mixed Greens (Romaine & Spinach)
Local Carrots
Broccoli Florets
Cauliflower Florets
Celery Sticks
Cherry Tomatoes
Pickle Spears
Radish(seasonal)
Sliced Cucumber
Sugar Snap Peas(seasonal)
Local Beets
Corn

Fresh Fruit:

Seasonal Varieties

Proteins:

Vanilla Low Fat Yogurts
Fat Free Cottage Cheese
Shredded Low Fat Cheddar & Mozzarella Cheese
Sliced Ham
Sliced Turkey
Chicken Strips
Chopped Hard Boiled Eggs
Garbanzo Beans
Sunflower Nuts

Grains:

Wheat Croutons
Whole Grain Breadsticks
Granola(Nut Free, DF)

Condiments:

Italian Salad Dressing(GF,DF)
Ranch Dressing
Poppyseed Dressing(GF)

Soup:

- The daily soup is listed on menu please note dietary accommodations/restrictions

Harvest of the Month

September Harvest of the Month is Herbs. Be on the lookout for how herbs make a difference in flavor in the meals that are served. Also be on the lookout for fun facts and school tastings on this Harvest of the Month.

If you have any questions, comments or concerns, please feel free to contact me.

Kate Huston
Food Service Director
Anderson School
10040 Cottonwood Rd.
Bozeman, MT. 59718
406-587-1305- work ext. 109
406-587-6386- cell
khuston@andersonmt.org