

# Anderson School Lunch December 2022

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
			Waffles with Cream Breakfast Potatoes Sausage Links Blueberry Yogurt Cups(GF)  Vegetarian Chili(DF, GF) Salad Bar and Yogurt Bar 1% or Skim Milk	Corn Dogs(DF) or Hot Dogs Sweet Potato Fries Coleslaw Pears Apple Glazed Donuts Carrot Ginger Coconut Soup (DF, GF) Salad Bar and Yogurt Bar Skim Milk or Chocolate Milk
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Chicken Pot Pie Chefs Salad Bread Sticks Apples  Chicken Noodle Soup Salad Bar and Yogurt Bar 1% or Skim Milk	Pork Stroganoff with Buttered Egg Noodles Broccoli with Butter Pears  Tomato Florentine Soup (DF,GF) Salad Bar and Yogurt Bar 1% orSkim milk	Nachos with Ground Beef or Black Beans Topping Bar(tomatoes, onions, olives, guacamole) Corn and Red Pepper Salad Grapes  Taco Soup with Chicken(DF, GF) Salad Bar and Yogurt Bar 1 % orSkim milk	Breakfast Sandwiches Breakfast Potatoes Blueberry Yogurt Cups Carrots and Celery Sticks  Pork Chili Salad Bar and Yogurt Bar 1% or Skim Milk	Chicken Tenders French Fries Mixed Vegetables with Butter Oranges Double Chocolate Bars  Turkey and Wild Rice Soup Salad Bar and Yogurt Bar 1% or Skim Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Spaghetti with Meatball or Marinara Sauce Broccoli Salad Garlic Cheese Bread Sticks Mixed Fruit Salad  Chicken Noodle Soup(DF) Salad Bar and Yogurt Bar 1% or Skim Milk	French Dip Beef Sandwiches Veggie Pasta Salad Chips Peaches  Creamy Dill Tomato Soup(GF) Salad Bar and Yogurt Bar 1% or Skim Milk	Baked Potato with Toppings Bar (Sausage, Cheese, Broccoli, Sour Cream) Carrots and Celery Sticks Grapes  Beef Stew(GF, DF) Salad Bar and Yogurt Bar 1% or Skim Milk	Hamburgers or Veggie Burgers French Fries Black Bean Salad Mandarin Oranges  Broccoli Cheddar Soup Salad Bar and Yogurt Bar 1% or skim milk	Cheese or Pepperoni Pizza Basil Spinach Pesto Pasta Salad Apple Slices Holiday Shortbread Cookies  Lentil Ham Cabbage Soup Salad Bar and Yogurt Bar Skim Milk or Chocolate Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
No School	No School	No School	No School	No School
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
No School	No School	No School	No School	No School

# **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(out of stock)  
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**

**October Harvest of the Month is Apples. 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.

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