

Anderson School Lunch Menu for August/September 2023

Mon	Tue	Wed	Thu	Fri
		30	31	1
		<p>Mac and Cheese Honey Ham Slices(DF,GF) Chefs Salad(GF) Fresh Fruit Salad(DF,GF) Welcome Back to School Cookies</p> <p>Chicken Noodle Soup(DF) Salad Bar/Build a Bowl Bar 1% milk or skim milk</p>	<p>Local Beef Chili(DF,GF) Cinnamon Rolls(DF) Carrots and Celery Sticks Fresh Fruit</p> <p>Veggie Chili(DF,GF) Salad Bar/Build a Bowl Bar 1% milk or skim milk</p>	<p>Cheese of Pepperoni Pizza Italian Chefs Salad (GF) Peaches Worms with Dirt</p> <p>Beef Chili(DF,GF) Salad Bar/Build a Bowl Bar 1% milk or chocolate milk</p>
4	5	6	7	8
No School	<p>Welcome Kindergarten Chicken Tenders French Fries Tomato Herb Zucchini Salad(GF) Fruit</p> <p>Creamy Basil Tomato(GF,DF) Salad Bar, Build a Bowl 1% milk or skim milk</p>	<p>Spaghetti with Ground Beef or Montana Marinara Sauce Cheesy Whole Grain Breadsticks Caesar Salad Fruit</p> <p>Broccoli Cheddar Soup(GF) Salad Bar, Build a Bowl 1% milk or skim milk</p>	<p>Blueberry Whole Grain Muffins Scrambled Cheesy Eggs(GF) Fruit Smoothies(GF) Roasted Purple Pirate Potatoes</p> <p>Butternut Squash Soup(GF,DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Corn Dogs Cheesy Tater Tot Casserole(GF) Basil Pesto Salad Fruit Ice Cream Cups</p> <p>Soup of the Day Salad Bar/Build a Bowl 1% milk or chocolate milk</p>
11	12	13	14	15
<p>Chicken or Cheese Quesadillas Mexican Bean Salad with Lime Crema Sauce Pineapple Mango Fruit Salad with Coconut Cream(DF,GF) Tortilla Chips</p> <p>Chicken Noodle Soup(DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Local All Beef Burger or Local Local Lentil Veggie Burger Tater Tots Creamy Coleslaw(GF) Fruit</p> <p>Creamy Basil Tomato (GF,DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Squish Squash Lasagna or Beef Lasagna Broccoli Salad Cheesy Breadsticks Fruit</p> <p>Broccoli Cheddar Soup(GF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Whole Wheat Waffles with Fresh Whip Cream Minty Melon Salad(GF,DF) Herbed Cheese Egg Bake Breakfast Potatoes</p> <p>Black Bean Soup(GF,DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Classroom Lunch Bingo</p> <p>Soup of the Day Salad Bar/Build a Bowl 1% milk or chocolate milk</p>
18	19	20	21	22
<p>Indian Butter Chicken(GF,DF) Chickpeas Veggie Pakoras with Mango Chutney(GF,DF) Brown Rice(GF) Fresh Fruit Salad(DF,GF)</p> <p>Chicken Noodle Soup(DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Turkey Salami Club Wraps Veggie Pasta Salad Sun Harvest Chips Strawberry Smoothies Carrots and Celery Sticks</p> <p>Creamy Basil Tomato(GF,DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Chicken Alfredo Pasta with Broccoli Tried It /Liked It /Loved Voting Day(Roasted Butternut Squash) Fresh Fruit Salad(GF,DF) Chefs Salad(GF) Whole Grain Breadsticks</p> <p>Broccoli Cheddar Soup(GF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Baked Potatoes with Toppings Bar(Sausage, Cheese, Broccoli, Sour Cream) Kamut Veggie Salad Fruit</p> <p>Turkey and Wild Rice (GF,DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Classroom Lunch Bingo</p> <p>Soup of the Day Salad Bar/Build a Bowl 1% milk or chocolate milk</p>
25	26	27	28	29
<p>Orange Sesame Chicken(GF,DF) Asian Vegetable Stir Fry(GF,DF) Fried Brown Rice(GF,DF) Vegetable Egg Rolls(DF) Mandarin Oranges</p> <p>Chicken Noodle Soup(DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Grilled Cheese Sandwich Creamy Tomato Soup(GF,DF) Potato Salad(GF) Chickpea Blondie Bars Fruit</p> <p>Creamy Tomato Soup(GF,DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Chicken Pot Pie Broccoli Salad(GF) Whole Wheat Dinner Rolls Fruit</p> <p>Broccoli Cheddar Soup(DF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Corned Beef Hash(GF,DF) Scrambled Cheesy Eggs(GF) Blueberry Yogurt Cups(GF) Cinnamon Toast</p> <p>Curried Coconut Carrot(DF,GF) Salad Bar/Build a Bowl 1% milk or skim milk</p>	<p>Classroom Lunch Bingo</p> <p>Soup of the Day Salad Bar/Build a Bowl 1% milk or chocolate milk</p>

Soup-Salad Bar-Build a Bowl Bar

Veggies:

Mixed Greens (Romaine & Spinach)
Local Carrots
Broccoli Florets
Cauliflower Florets
Celery Sticks
Cherry Tomatoes
Sliced Cucumber
Edamame
Local Beets
Corn

Fresh Fruit:

Seasonal Varieties

Proteins:

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

Grains:

Wheat Croutons
Whole Grain Breadsticks
Granola(Nut Free, DF)
Quinoa
Kamut
Brown Rice

Condiments:

Italian Salad Dressing(GF,DF)
Ranch Dressing
Poppyseed Dressing(GF)
Sunflower Peanut Sauce
Sweet and Sour Sauce
Teriyaki Sauce

Soup:

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

Harvest of the Month(HOM) for September is Herbs and Squash. There will be opportunities for students to try and vote on salads

incorporating Harvest of the month ingredients and all produce for HOM is locally purchased. We are continuing with our Montana Made Marinara. All tomato based foods are made from locally sourced marinara sauce grown and produced in the state of Montana. Exciting news is that Anderson School is participating in the Local Beef Program. All beef products will now be sourced from local ranchers from Pioneer Meats in Big Timber from the Todd Family Ranch. Thank you to Pioneer Meats for being our supplier of this amazing program that gives back to the community and local beef/cattle industry. This year in addition to our Salad Bar we will be including a build a bowl bar which the students will pick a grain, protein options, veggie options and different sauces to make a complete healthy meal.

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

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