

Catering:

Need Snacks for Meetings, School Party, or After School Event?

Snacks - Wraps - Pizza - Breakfast

Call: 978-247-5503

March

Gail Koutroubas: Foodservice Director

Nathan Langevin: Kitchen Manager



EATING HEALTHY for ACTIVE LEARNING
ANDOVER SCHOOL NUTRITION SERVICES

Served Daily:

Grab n' Gos \$3.25

Assorted Salads & Snack Boxes

Fill up with perfectly paired favorites

- Protein Pack Box
- Buffalo Dipper Box
- Cheese & Crudite Box
- Parfait Mix Box
- Breakfast Burst Box
- Veggie Greek Box

Deli Sandwiches: \$3.25

Made with Thin & Trim Old Neighborhood Meats

Try a Delicious Combo of:

- Ham, Roast Beef, Buffalo Chicken, Oven Roasted Turkey, Chicken Mastic, Salami, Tuna Salad, Seafood Salad, Chicken Salad, Veggie
- Lettuce, Tomato, Pickles, Cucumbers, Black Olives, Peppers, Hot Peppers, Onions, Spinach, Carrots, Celery, Hummus, Assorted Cheeses
- Choose from Bulky, Sub roll or Wrap, all breads are WW
- Add one of our special sauces
- Served with assorted salads, fruit and milk

Assorted Pizza Bar: \$3.00

Served with Salad

- Fruit & Veggies
- Milk & Juice

NOTE: Menus subject to change due to school cancellations and/or product availability.

Snack Bar!

Offering fun & healthy grab n' go snacks and complete meal combinations

- Popcorn
- Warm Pretzels, Muffins & Bagels
- Fresh Fruit & Yogurt Parfaits
- Fresh Smoothies
- Ice Cream
- Granola Bars
- ...and much more!

PRICES:

Breakfast \$2.25
Main Entrée \$3.00
Grill \$3.25


Daily Breakfast:

- Egg and Cheese on Croissant (Plain, Bacon or Sausage)
- Assorted Bagels
- Scones (Blueberry, Raspberry, Apple Cinnamon)
- Assorted Muffins
- Cereals
- Yogurt Parfaits
- Fresh Fruit

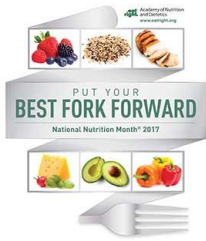
Rotating Breakfast Specials:

- French Toast
- Pancakes
- Omelet Bar
- Quiche
- Breakfast Burritos
- Assorted Danishes

**Assorted Low-Fat Milks,
 Side Salad & Fresh Fruit
 Served Daily**




Monday - 13	Tuesday - 14	Wednesday - 15	Thursday - 16	Friday - 17
<p>Main Entrée: Pork Roast Dinner</p> <ul style="list-style-type: none"> - Green Beans - Seasoned Rice - Dinner Roll - Diced Peaches <p>Grill: Steak & Cheese on Fresh Baked Sub Roll</p> <ul style="list-style-type: none"> - Cape Cod Chips - Roasted Sweet Potatoes - Fresh Fruit  <p>Deli Special: Italian on a Bulkie Roll</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p>Main Entrée: Taco Pie w/ Beans</p> <ul style="list-style-type: none"> - Spanish Rice - Spiced Corn - Fresh Fruit <p>Grill: Buffalo Chicken Sandwich w/ Lettuce, Tomato & Blue Cheese Dressing</p> <ul style="list-style-type: none"> - Celery & Carrot Sticks - Fresh Pineapple <p>Deli Special: Turkey Club on Toasted Wheat Bread</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit <p>Sushi Bar Fresh assorted sushi served with rice or noodles and veggies</p>	<p>Main Entrée: Chinese Beef Stir Fry</p> <ul style="list-style-type: none"> - Oriental Vegetables - Orange Smiles - Dinner Roll  <p>Grill: Pulled BBQ Pork Flat-Iron Sliders</p> <ul style="list-style-type: none"> - Southern Sweet Coleslaw - Sliced Watermelon <p>Deli Special: California Turkey Roll</p> <ul style="list-style-type: none"> - Veggie of the Day - Assorted Fruit 	<p>Main Entrée: Sweet & Sassy Turkey</p> <ul style="list-style-type: none"> - Brown Rice - Green Beans - Pineapple Chunks - WG Roll <p>Grill: Grilled Tomato Mozzarella Panini</p> <ul style="list-style-type: none"> - Baby Carrots - Crispy Baked Fries - Seasonal Fruit <p>Deli Special: Egg Salad on a Buttery Croissant</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p>Happy St. Patrick's Day!</p>  <p>Main Entrée: Chicken Finger Basket</p> <ul style="list-style-type: none"> - Roasted Potatoes - Buttered Corn - Fresh Roll - Shamrock Cookie <p>Grill: Salmon Burger on Croissant w/ Lettuce, Tomato & Red Onion</p> <ul style="list-style-type: none"> - Broccoli Salad - Fresh Fruit <p>Deli Special: Toasted Tuna Fish Sub</p> <ul style="list-style-type: none"> - Veggie of the Day - Assorted Fruit <p>Shamrock Smoothie Available in the Snack Shack!</p>

March's is National Nutrition Month!



To celebrate, follow these easy tips for a more balanced diet!

- Start the day with a nutritious breakfast.
- Fill half your plate with fruits and vegetables.
- Make at least half of the grains you eat whole grains.

	Monday - 20	Tuesday – 21	Wednesday – 22	Thursday – 23	Friday – 24
	<p><u>Main Entrée:</u> Street Tacos Turkey or Pork</p> <ul style="list-style-type: none"> - Spicy Black Beans - Spanish Rice - Fresh Melon  <p><u>Grill:</u> Meatball Sub</p> <ul style="list-style-type: none"> - Roasted Green Beans - Fresh Fruit Salad <p><u>Deli Special:</u> American Sub on Fresh Baked Roll</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Teriyaki Chicken Basket</p> <ul style="list-style-type: none"> - Asian Coleslaw - Orange Smiles - Pita Bread <p><u>Grill:</u> Philly Chicken Sub on Fresh Baked Roll</p> <ul style="list-style-type: none"> - Roasted Cauliflower - Orange Slices <p><u>Deli Special:</u> Greek Veggie Wrap</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit <p><u>Sushi Bar</u> Fresh assorted sushi served with rice or noodles and veggies</p>	<p><u>Main Entrée:</u> Homemade Meatloaf</p> <ul style="list-style-type: none"> - Whipped Potatoes - Green Beans - Fresh Fruit - Dinner Roll  <p><u>Grill:</u> Thai Pork Banh Mi Sub</p> <ul style="list-style-type: none"> - Roasted Carrots - Fresh Fruit <p><u>Deli Special:</u> Toasted Ham & Cheese</p> <ul style="list-style-type: none"> - Veggie of the Day - Assorted Fruit 	<p><u>Main Entrée:</u> Turkey Tetrazzini</p> <ul style="list-style-type: none"> - Steamed Broccoli - Fresh Fruit - WG Roll <p><u>Grill:</u> Grilled Cheese & Tomato Soup</p> <ul style="list-style-type: none"> - Broccoli Salad - Fruit of the Day <p><u>Deli Special:</u> Piggly Wiggly Turkey & Bacon w/ Lettuce & Tomato on Sliced Bread</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Veggie Tikka Masala</p> <ul style="list-style-type: none"> - Curry Rice - Roasted Sweet Potatoes - Dinner Roll <p><u>Grill:</u> Crispy Baked Fish Basket</p> <ul style="list-style-type: none"> - Oven Baked Fries - Steamed Corn - Dinner Roll <p><u>Deli Special:</u> Buffalo Chicken Bonanza</p> <ul style="list-style-type: none"> - Veggie of the Day - Assorted Fruit 

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