

Catering:

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

Snacks - Wraps - Pizza - Breakfast

Call: 978-247-5503

May/June

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 - 29

No School Today



Happy Memorial Day!

Tuesday - 30

Main Entrée:

- Chicken Parm over Pasta
- Garlic Bread
- Steamed Spinach
- Fruit of the Day

Grill:

- Toasted Italian Sub
- RF Cape Cod Chips
- Three Bean Salad
- Peach Cup

Deli Special:

- Turkey Club
- Veggie of the day
- Assorted Fruit

Sushi Bar

Fresh assorted sushi served with rice or noodles and veggies

Wednesday - 31

BBQ DAY!



Burgers or Hot Dogs

- Watermelon
- Potato Chips
- Fresh Fruit

Deli Special:

- Manager's Choice
- Veggie of the day
- Assorted Fruit

Thursday - 1

Main Entrée:

- BBQ Turkey Tips
- Rice Pilaf
- Steamed Corn
- Seasonal Fruit

Grill:

- Assorted Calzones
- Broccoli Salad
- Oven Baked Fries
- Peach Cup

Deli Special:

- Cranberry Chicken Salad
- Veggie of the day
- Assorted Fruit

Friday - 2

Early Release Day



Breakfast Served 7a-10a

No Lunch Service


June's Harvest of the Month is...

STRAWBERRIES!

Strawberries are the first locally-grown fruit of the year to ripen, as sign of the bounty yet to come! They are full of vitamin C, fiber, and antioxidants and low in calories.

Shopping and Storage Tips:

- Look for plump berries with a rich red color, bright green caps and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days, but it is best to eat local berries as soon as possible.
- Before serving, use cool water to gently wash strawberries with green caps still attached.
- If buying frozen berries, look for those without sugar added.
- You can also freeze your own for use later: gently wash and dry the berries, hull them, spread them on a sheet in the freezer overnight and then transfer them to an airtight container.

	<i>Monday – 5</i>	<i>Tuesday – 6</i>	<i>Wednesday – 7</i>	<i>Thursday – 8</i>	<i>Friday – 9</i>
	<p><u>Main Entrée:</u> Teriyaki Chicken</p> <ul style="list-style-type: none"> - Brown Rice - Marinated Veggies - Egg Roll - Fortune Cookie - Chilled Fruit Cup <p><u>Grill:</u> Grilled Cheese & Tomato</p> <ul style="list-style-type: none"> - Caesar Salad - Peach Cup <p><u>Deli Special:</u> Roast Beef Sub</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Tomato Basil Penne</p> <ul style="list-style-type: none"> - Garlic Bread - Side Garden Salad - Fresh Fruit <p><u>Grill:</u> Crispy Chicken Basket</p> <ul style="list-style-type: none"> - Roasted Sweet Potato Salad - Celery Sticks w/ Dip - Strawberries & Cream <p><u>Deli Special:</u> Buffalo Chicken 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> Taco Salad</p> <p>Choice of Protein (Beans, Chicken Taco, or Ground Beef)</p> <ul style="list-style-type: none"> - Assorted Toppers - Tortilla Chips - Mixed Fruit <p><u>Grill:</u> Buffalo Chicken Mac & Cheese Quesadillas</p> <ul style="list-style-type: none"> - Veggie of the Day - Fruit Cup <p><u>Deli Special:</u> Mediterranean Veggie Wrap</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Pasta w/ Meatballs & Marinara</p> <ul style="list-style-type: none"> - Steamed Peas - Breadstick - Seasonal Fruit <p><u>Grill:</u> RibBQ on Bulkie</p> <ul style="list-style-type: none"> - Potato Wedges - Tomato Basil Salad - Fresh Fruit <p><u>Deli Special:</u> Italian Sub</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>BBQ DAY!</u></p>  <p>Burgers or Hot Dogs</p> <ul style="list-style-type: none"> - Lettuce & Tomato - Macaroni Salad - Confetti Corn Salad - Fresh Fruit <p><u>Deli Special:</u> Manager's Choice</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit

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