

Catering:

Need Snacks for Meetings, a School Party, or an After School Event?
Snacks - Wraps – Pizza – Breakfast

Go online to
www.andoverschoolnutrition.com
to place your order.

September

Gail Koutroubas: Foodservice Director
Lynnea Gleason: Nutrition Coordinator
Nathan Langevin: HS Kitchen Supervisor



EATING HEALTHY for ACTIVE LEARNING
ANDOVER SCHOOL NUTRITION SERVICES

Served Daily:

Grab n' Gos \$3.25

Assorted Salads & Power Packs

Deli Bar Sandwiches: \$3.25

Made with Thin & Trim Old Neighborhood Meats

Try a Delicious Combo of:

- Ham, Roast Beef, Buffalo Chicken, Oven Roasted Turkey, Mesquite Chicken, Salami, Tuna Salad, Seafood Salad, Chicken Salad, Veggie, Assorted Cheeses
- Lettuce, Tomato, Pickles, Cucumbers, Black Olives, Peppers, Hot Peppers, Onions, Spinach, Carrots, Celery, Hummus
- Choose from Bulky, Sub Roll or Wrap, all are WG; *Try one of our Fresh Baked Rolls!*
- Add one of our special sauces
- Served with assorted salads, fruit and milk

Salad Bar: \$3.25

Fresh Greens with Choice of Toppers:
Tomato, Cucumbers, Onion, Olives, Cottage Cheese, Feta Cheese, Shredded Cheese, Sliced Hard Boiled Eggs, Assorted Diced Chicken, Assorted Dressings, and more!
All Salads Served With Pita Bread & Fruit Cup.

Assorted Pizza Bar: \$3.00

Served with milk, fruit & veggie of the day.

Snack Shack!

- Offering fun & healthy grab n' go snacks, drinks and complete meal combinations
- Popcorn - Warm Pretzels, Muffins & Bagels
 - Fresh Fruit & Yogurt Parfaits - Fresh Smoothies
 - Ice Cream - Granola Bars ...and much more!

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

PRICES:

Breakfast	\$2.25
Main Entrée	\$3.00
Pizza Bar	\$3.00
Grill	\$3.25
Warrior Specialty	\$3.25
Deli/Salad Bar	

Daily Breakfast:

- Egg and Cheese on Croissant (Plain, Bacon or Sausage)
- Assorted Bagels & Muffins
- Cereals
- Yogurt Parfaits/Smoothies
- Fresh Fruit
- Assorted Milks and Juices

Rotating Breakfast Specials:

- French Toast
- Pancakes
- Omelet Bar
- Quiche
- Breakfast Burritos
- Assorted Baked Goods

**Assorted Low-Fat Milks,
Side Salad, Soup & Fresh
Fruit Served Daily w/ Lunch**

Monday - 4

Tuesday - 5

Wednesday - 6

Thursday - 7

Friday - 8



Welcome Back!!

Main Entrée:

- Chicken Tender Basket
- Creamy Coleslaw
- Oven Baked Potato Wedges
- Fresh Fruit Cup

Grill:

- Made-to-Order Steak & Cheese Sub or Wrap
- Assorted Toppers
- Creamy Coleslaw
- Oven Baked Potato Wedges
- Fresh Fruit Cup

Deli Special:

- Caesar Salad Wrap
- Veggie of the day
- Assorted Fruit

Pizza Special:

- Homemade Calzones (Vegetarian Option Available)
- Three Bean Salad
- Fresh Fruit Cup

BBQ DAY!



Burgers or Hot Dogs

- Lettuce & Tomato
- Potato Salad
- Macaroni Salad
- Fresh Fruit

Deli Special:

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

**September's Harvest of the Month is...
TOMATOES**



Eating a variety of colorful fruits and vegetables can help your family stay healthy and fresh tomatoes are a wonderful treat this time of year! Tomatoes are a good source of vitamin C and vitamin A, as well as Lycopene, which many studies suggest may be linked to reduced risk of cancer and heart disease.

Did you know...? According to the USDA, each of us eats about 20 pounds of tomatoes per year!!

Monday – 11

Main Entrée:

- Homemade Meatloaf
- Garlic Mashed Potatoes
- Seasoned Peas
- Fresh Baked Dinner Roll
- Seasonal Melon

Grill:

- Spicy Chicken Sandwich
- Side Caesar Salad
- Sweet Potato Fries
- Chilled Fruit

Deli Special:

- Mediterranean Veggie
- Veggie of the day
- Assorted Fruit

Warrior Special

- Pasta Special of the Week
- Served with:
- Veggie of the day
- Assorted Fruit

Tuesday – 12

Main Entrée:

- Chicken Parm over Pasta
- Italian Green Beans
- Warm Breadstick
- Fresh Fruit

Grill:

- Grilled Cheese or Grilled Ham & Cheese
- RF Cape Cod Chips
- Tomato Basil Salad
- Peach Cup

Deli Special:

- Italian Sub
- Served with:
- Veggie of the day
- Assorted Fruit

Warrior Special

- Sushi Bar
- Fresh assorted sushi served with rice or noodles and veggies

Wednesday – 13

Main Entrée:

- BBQ Turkey Tips
- Rice Pilaf
- Lemon Zest Broccoli
- Peach Cup

Grill:

- Chicken or Veggie Quesadillas
- Spanish Rice
- Salsa & Sour Cream
- Tasty Bean Salad
- Fresh Fruit

Deli Special:

- Buffalo Chicken Wrap
- Veggie of the day
- Assorted Fruit

Warrior Special

- Ethnic Dish of the Week
- Served with:
- Veggie of the day
- Assorted Fruit

Thursday – 14

Main Entrée:

- Pork or Veggie Lo Mein
- Oriental Veggies
- Fortune Cookie
- Mixed Fruit

Grill:

- Meatball Marinara Sub
- Oven Baked Fries
- Assorted Veggies
- Fruit Cup

Deli Special:

- Turkey & Cheese Wrap
- Veggie of the day
- Assorted Fruit

Pizza Special:

- Homemade Calzones (Vegetarian Option Available)
- Broccoli Salad
- Fresh Fruit Cup

Friday – 15

BBQ DAY!



- Burgers or Hot Dogs
- Lettuce & Tomato
- Sweet Potato Salad
- Three Bean Salad
- Fresh Fruit

Deli Special:

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

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