

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.

October

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/Deli/Salad Bar \$3.25
Warrior Specialty \$3.25
Panini Specials \$3.35

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 - 2

Main Entrée:

- Buffalo Chicken Spaghetti Squash
- Carrots Sticks w. Dip
- Tortilla Chips
- Sour Cream
- Chilled Fruit

Grill:

- Chicken & Broccoli Alfredo Flatbread Pizza
- Caesar Salad
- Tomato Basil Salad
- Fresh Fruit

Deli Special:

- Turkey Club
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

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

Tuesday - 3

Main Entrée:

- Roasted Chicken or Roasted Veggies in Creamy Pasta
- Warm Breadstick
- Seasoned Green Beans
- Assorted Fruit

Grill:

- Taco Burger Topped w/ Cheddar Cheese, Salsa, Sour Cream, Lettuce & Tomato
- Oven Baked Fries
- Mexican Coleslaw
- Fresh Fruit

Deli Special:

- Tuna Salad
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

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

Wednesday - 4

Main Entrée:

- BBQ Turkey Tips
- Rice Pilaf
- Roasted Butternut Squash
- Chickpea Salad
- Fresh Melon

Grill:

- Chicken or Cheese Quesadilla
- Salsa & Sour Cream
- Spanish Rice
- Fiesta Corn & Black Bean Salad
- 100% Fruit Juice

Deli Special:

- Buffalo Chicken Wrap
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

- Chef's Choice
- Served with:
- Veggie of the day
- Assorted Fruit

Thursday - 5

Main Entrée:

- Popcorn Chicken Bowl
- Popcorn Chicken
- Fresh Mashed Potatoes
- Steamed Corn
- Fresh Melon

Grill:

- Caprese Panini
- RF Cape Cod Chips
- Broccoli Salad
- Fruit Cup

Deli Special:

- Greek Chicken
- Mozzarella on Pita
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

- Chef's Choice
- Served with:
- Veggie of the day
- Assorted Fruit

Friday - 6

Main Entrée:

- Eggplant Parm Over Pasta
- Lemon Zest Broccoli
- Garlic Bread
- Fresh Fruit Cup

Grill:

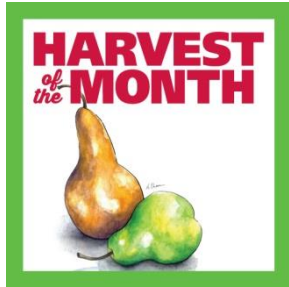
- Chicken Pesto Sandwich
- Kale Chips
- Carrot Sticks w/ Dip
- Fresh Fruit Cup

Deli Special:

- Chef's Choice
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

October's Harvest of the Month is...

PEARS



History:

The Bartlett pear is the most widely grown pear in the US and was first planted in this country in 1797 in Dorchester, Massachusetts.

Production:

Pears do not ripen properly on the tree so growers pick the fruit when it is mature, but still green and let the pears finish ripening off the tree. Pears in Massachusetts mature from September through November and every pear is handpicked.

Fun Fact:

There are more than 3,000 varieties of pears worldwide.

Nutrition:

A medium sized pear packs 6 grams of fiber, which equals about 1/4 of your daily value for fiber!

Monday – 9

No School Today!



Tuesday – 10

Main Entrée:

Field Day BBQ

- Hamburgers; Hot Dogs; Sausage
- Watermelon
- Potato Salad
- RF Potato Chips

Deli Special:

- Caesar Salad Wrap
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

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

Wednesday – 11

Main Entrée:

- Beef Stroganoff
- Over Noodles
- Dinner Roll
- Honey Roasted Carrots
- Chilled Fruit

Grill:

- Meatball Parm Sub
- Roasted Red Bliss Potatoes
- Celery & Carrot Sticks w/ hummus
- Fresh Fruit

Deli Special:

- Buffalo Chicken Wrap
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

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

Thursday – 12

Main Entrée:

- Porcupine Sliders
- Oven Roasted Red Bliss Potatoes
- Sautéed Spinach
- Fresh Melon

Grill:

- Teriyaki Salmon Burgers
- Oven Baked Fries
- Broccoli Salad
- Fruit Cup

Deli Special:

- RibBQ on Bulky w/ BBQ Sauce
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

- Chef's Choice
- Served with:
- Veggie of the day
- Assorted Fruit

Friday – 13

Main Entrée:

- Brunch For Lunch!
- French Toast Casserole
- Sausage Links
- Harvest Home Fries
- Fresh Fruit Salad
- 100% Fruit Juice

Grill:

- Grilled Ruben w/ Thousand Island
- Oven Baked Fries
- Broccoli Salad
- Fruit Cup

Deli Special:

- Chef's Choice
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

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