

**Catering:**

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

Go online to [www.andoverschoolnutrition.com](http://www.andoverschoolnutrition.com) to place your order.

# Oct/Nov

**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 - 30**

**Main Entrée:**

- Spaghetti & Meatballs
- Garlic Bread
- Sautéed Spinach
- Chilled Mixed Fruit

**Grill:**

- Teriyaki Chicken Sub
- RF Cape Cod Chips
- Veggie Sticks w/ Dip
- Seasonal Fruit

**Deli Special:**

- Tuna Salad
- 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 - 31**

**HAPPY HALLOWEEN!**

**Main Entrée:**

- Skeleton (Chicken)
- Drummies in Assorted Ghostly Sauces
- Buffalo Brains (Cauliflower)
- Haunted Rice Pilaf
- Peach Cup
- Sorbet

**Grill:**

- Aloha Panini
- Pulled Pork,
- Pineapple & BBQ
- Oven Baked Potato Wedges
- Cucumber & Tomato Salad
- Chilled Peaches

**Deli Special:**

- Mediterranean Veggie 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 - 1**

**Main Entrée:**

- Make Your Own Tossed Salad
- Chicken Caesar or
- Chicken Bacon Ranch
- Pita Bread
- Chilled Pears

**Grill:**

- Grilled Ham & Cheese
- Spicy Seasoned Potatoes
- Tasty Green Bean Toss
- 100% Fruit Juice

**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 - 2**

**Main Entrée:**

- Beef & Broccoli
- Brown Rice
- Honey Glazed Carrots
- Strawberries w/ Whipped Topping

**Grill:**

- Caprese Panini
- Sweet Potato Wedges
- Chipotle Corn Salad
- Seasonal Fruit

**Deli Special:**

- Cranberry Chicken Salad
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

**Pizza Special:**

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

**Friday - 3**

**Main Entrée:**

- Soba Noodle Bar
- Assorted soup broths w/ egg noodles and your choice of meat and veggies
- Mixed Fruit Cup

**Grill:**

- Baja Fish Tacos
- Tossed Side Salad
- Black Bean Salad
- Fresh Melon
- Sugar Cookie

**Deli Special:**

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

## November's Harvest of the Month is...

**KALE**



### Serving Ideas:

- Include kale in your favorite smoothie recipe for extra fiber and nutrients.
- Make crispy kale chips! Wash the leaves and tear into bite-sized pieces. Toss with olive oil and spread on a baking sheet in a single layer. Sprinkle with salt and bake at 300 degrees for 20 minutes. As you allow them to cool, the kale will get crispy.

### Fun Fact:

After a frost, kale becomes sweeter.

### Nutrition:

Kale is loaded with fiber and antioxidants, and one cup of raw kale provides more than 100% of the daily value of vitamins A, C and K. Nutrient dense, low calorie foods like kale help fight diseases linked to heart health like diabetes and obesity. Per calorie, kale has more iron than beef and more calcium than milk!

### **Monday – 6**

#### Main Entrée:

Orange Chicken

- Brown Rice
- Oriental Veggies
- Egg Roll
- Fortune Cookie
- Mandarin Oranges

#### Grill:

Beef or Veggie Gyro

- Oven Baked Fries
- Greek Salad
- Pineapple

#### Deli Special:

Greek Salad Wrap

- 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 – 7**

#### Main Entrée:

Italian Herbed Chicken

- Garlic Mashed Potatoes
- Baked Beans
- Blueberry Crisp

#### Grill:

Teriyaki Salmon Burger

- Potato Wedges
- Cherry Tomato & Corn Salad
- Fresh Fruit

#### Deli Special:

Italian Sub

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

#### Warrior Special

Sushi Bar

Fresh assorted sushi served with rice or noodles and veggies

### **Wednesday – 8**

#### Main Entrée:

Tortellini Primavera

- Italian Garden Salad
- Garlic Bread
- Seasonal Fruit

#### Grill:

Rodeo Burger

- BBQ Sauce, Onion Rings w/ or w/out Cheese
- Sweet Potato Fries
- Broccoli Salad
- 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 – 9**

**No School**



### **Friday – 10**

**No School**



**Enjoy your long weekend!!!**

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