

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.

November

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



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**

<i>Monday - 13</i>	<i>Tuesday - 14</i>	<i>Wednesday - 15</i>	<i>Thursday - 16</i>	<i>Friday - 17</i>
<p><u>Main Entrée:</u> Black & Bleu Burger - WG Onion Rings - Whole Kernel Corn - Pineapple</p> <p><u>Grill:</u> Grilled Veggie Panini - RF Cape Cod Chips - WG Cookie - Seasonal Fruit</p> <p><u>Deli Special:</u> Turkey & Cheese Wrap - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Pasta Special of the Week Served with: - Veggie of the day - Assorted Fruit</p>	<p><u>Main Entrée:</u> Make Your Own Burrito Bowl Choice of Chicken, Bean or Beef w/ Assorted Toppings - Chilled Fruit</p> <p><u>Grill:</u> Meatball Marinara Sub - Roasted Potato Wedges - Broccoli Salad - Mixed Fruit</p> <p><u>Deli Special:</u> Cajun Egg Salad - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Sushi Bar Fresh assorted sushi served with rice or noodles and veggies</p>	<p><u>Main Entrée:</u> Chicken Broccoli Alfredo - Warm Breadstick - Side Salad - Fresh Fruit</p> <p><u>Grill:</u> BBQ Turkey & Cheese Panini - WG Onion Rings - Baked Beans - 100% Fruit Juice</p> <p><u>Deli Special:</u> Buffalo Chicken Wrap - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Chef's Choice Served with: - Veggie of the day - Assorted Fruit</p>	<p><u>Main Entrée:</u> \$1.50 SPECIAL FOR ADULTS & STUDENTS</p> <p>Oven Roasted Turkey Dinner - Stuffing - Farm Fresh Roasted Butternut Squash - Mashed Potatoes - Dinner Roll - Cranberry Sauce</p> <p><u>Deli Special:</u> Caesar Salad Wrap - Chips or Pretzels - Veggie of the day - Assorted Fruit</p>	<p><u>Main Entrée:</u> Buffalo Mac & Cheese - Dinner Roll - Seasoned Green Beans - Seasonal Fruit</p> <p><u>Grill:</u> Philly Cheesesteak Panini - Veggie Crunchers w/ Dip - Chilled Pears - 100% Fruit Juice</p> <p><u>Deli Special:</u> Chef's Choice - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Chef's Choice Served with: - Veggie of the day - Assorted Fruit</p>

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 – 20

Main Entrée:

- Homemade Shepard's Pie
- Dinner Roll
- Glazed Carrots
- Fresh Melon

Grill:

- Cuban Panini
- Macaroni Salad
- Carrots & Celery w/ Dip
- Chilled Mixed Fruit

Deli Special:

- Veggie 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 – 21

Main Entrée:

- Chicken Parm over Pasta
- Garlic Bread
- Roasted Broccoli
- Seasonal Fruit
- Mini Apple Pie

Grill:

- Homemade Chili Bar
- Assorted Toppings
- Warm Cornbread
- Fresh Fruit

Deli Special:

- Chicken Pesto on Croissant
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

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

Wednesday – 22

Early Release Day



*Breakfast served
7am-10am*

Thursday – 23

No School



Friday – 24

No School



This institution is an equal opportunity provider and employer.