

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.

Nov/Dec

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 - 27</i>	<i>Tuesday - 28</i>	<i>Wednesday - 29</i>	<i>Thursday - 30</i>	<i>Friday - 1</i>
<p><u>Main Entrée:</u> Build-Your-Own Nachos</p> <ul style="list-style-type: none">- Choice of Beef, Chicken or Pork- Assorted Toppers- Chipotle Corn- Chilled Pineapple <p><u>Grill:</u> Teriyaki Salmon Burger</p> <ul style="list-style-type: none">- Creamy Coleslaw- Potato Wedges- Pineapple Tidbits <p><u>Deli Special:</u> Chicken Caesar Wrap</p> <ul style="list-style-type: none">- Chips or Pretzels- Veggie of the day- Assorted Fruit <p><u>Warrior Special</u> Pasta Special of the Week Served with: - Veggie of the day - Assorted Fruit</p>	<p><u>Main Entrée:</u> Buffalo Chicken Tenders</p> <ul style="list-style-type: none">- Baked Potato w/ Sour Cream- Veggie Crunchers & Hummus- Seasonal Fruit- Pudding w/ Whipped Topping <p><u>Grill:</u> Grilled Cheese</p> <ul style="list-style-type: none">- Onion Rings- Roasted Sweet Potato- Seasonal Fruit <p><u>Deli Special:</u> Italian Sub on French Bread w/ the Works</p> <ul style="list-style-type: none">- Chips or Pretzels- Veggie of the day- Assorted Fruit <p><u>Warrior Special</u> Sushi Bar Fresh assorted sushi served with rice or noodles and veggies</p>	<p><u>Main Entrée:</u> Garlic Chicken & Pasta</p> <ul style="list-style-type: none">- Cheesy Breadstick- Honey Glazed Carrots- Assorted Fruit <p><u>Grill:</u> Tuna Melt</p> <ul style="list-style-type: none">- Garden Salad- Oven Baked Fries- 100% Fruit Juice- Pudding w/ Whipped Topping <p><u>Deli Special:</u> Buffalo Chicken Wrap</p> <ul style="list-style-type: none">- Chips or Pretzels- Veggie of the day- Assorted Fruit <p><u>Warrior Special</u> Chef's Choice Served with: - Veggie of the day - Assorted Fruit</p>	<p><u>Main Entrée:</u> Beef or Cheese Lasagna</p> <ul style="list-style-type: none">- Italian Bread- Side Salad w/ Dressing- Fresh Fruit <p><u>Grill:</u> Egg & Cheese Panini w/ Choice of Meat</p> <ul style="list-style-type: none">- Italian Potato Casserole- Roasted Chickpeas- Fresh Melon <p><u>Deli Special:</u> Mediterranean Veggie Wrap</p> <ul style="list-style-type: none">- Chips or Pretzels- Veggie of the day- Assorted Fruit <p><u>Pizza Special:</u> Homemade Calzones (Vegetarian Option Available)</p> <ul style="list-style-type: none">- Broccoli Salad- Fresh Fruit Cup	<p><u>Main Entrée:</u> Oven Baked Haddock w/ Lemon Wedge</p> <ul style="list-style-type: none">- Dinner Roll- Rice Pilaf- Lemon Zest Broccoli- Chilled Pears <p><u>Grill:</u> Steak and Cheese Panini</p> <ul style="list-style-type: none">- Garden Salad- RF Cape Cod Chips- 100% Fruit Juice <p><u>Deli Special:</u> Buffalo Chicken Salad on Croissant</p> <ul style="list-style-type: none">- Chips or Pretzels- Veggie of the day- Assorted Fruit <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 – 4

Main Entrée:

- Taco Pasta
- Breadstick
 - Tomato Basil Salad
 - Chilled Fruit Cup

Grill:

- Focaccia Sandwich w/ Chicken & Mozzarella
- Veggie Crunchers w/ Dip
 - RF Cape Cod Chips
 - Fruit Cup

Deli Special:

- Egg Salad on Croissant
- Chips or Pretzels
 - Veggie of the day
 - Assorted Fruit

Warrior Special

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

Tuesday – 5

Main Entrée:

- Make Your Own Tossed Salad
- Chicken Caesar or Chicken Bacon Ranch
- Pita Bread
 - Fresh Fruit

Grill:

- Cuban Panini
- Marinated Veggies
 - Baked Beans
 - Chilled Applesauce

Deli Special:

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

Warrior Special

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

Wednesday – 6

Main Entrée:

- Mozzarella Sticks
- Marinara Sauce
 - Tossed Garden Salad
 - Chilled Peaches
 - 100% Fruit Juice

Grill:

- Grilled Chicken Sub
- Onions & Peppers
 - Onion Rings
 - Cherry Tomato & Corn 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 – 7

Main Entrée:

- Chicken Philly Mashed Potato Bowl
- Dinner Roll
 - Steamed Corn
 - Fresh Fruit

Grill:

- Grilled Veggie Panini
- RF Cape Cod Chips
 - WG Cookie
 - Seasonal Fruit

Deli Special:

- Deluxe Crispy Chicken
- Chips or Pretzels
 - Veggie of the day
 - Assorted Fruit

Warrior Special

- American Chop Suey w/ Breadstick
- Served with:
- Veggie of the day
 - Assorted Fruit

Friday – 8

Early Release Day



*Breakfast served
7am-10am*

This institution is an equal opportunity provider and employer.