

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.

January

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 - 1

No School Today



Tuesday - 2

Main Entrée:

- BBQ Rodeo Burger
- Oven Baked Fries
- Veggie Crunchers
- Chilled Fruit Cup

Grill:

- Grilled Cheese & Tomato
- RF Cape Cod Chips
- Broccoli Salad
- Chilled Fruit Cup

Deli Special:

- Tuna Salad 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 - 3

Main Entrée:

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

Grill:

- Buffalo Chicken Wrap
- Sweet Potato Fries
- Coleslaw
- Chilled Fruit Cup

Deli Special:

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

Warrior Special

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

Thursday - 4

Main Entrée:

- Homemade Meatloaf
- Au Gratin Potatoes
- Seasoned Peas
- Fresh Baked Dinner Roll
- Seasonal Melon

Grill:

- Chicken Parm Sub
- Onion Rings
- Potato Wedges
- Chilled Pears

Deli Special:

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

Pizza Special:

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

Friday - 5

Main Entrée:

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

Grill:

- Chicken or Cheese Quesadilla
- Salsa & Sour Cream
- Confetti Corn Salad
- Chilled Peaches

Deli Special:

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

Warrior Special

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

January's Harvest of the Month is...

APPLES



Serving Ideas:

- Eat apples whole or in slices. Sprinkle slices with lemon juice to prevent browning.
- Spread peanut butter on sliced apples to add protein.
- Dried Apples: Core 1 small apple; slice into 1/8-inch-thick rounds. Arrange on an oiled baking sheet and bake at 200°F until dry but still soft, 2 to 3 hours.
- You can use applesauce as a substitute for oil in baking muffins and cakes! It's an easy way to get an additional serving of fruit for the day. Use a 1:1 ratio (1/4 cup oil = 1/4 cup applesauce).

Fun Fact:

It takes energy from 50 leaves on an apple tree to produce one apple.

Nutrition:

Apples are a good source of potassium, vitamin C, and fiber. Fiber helps keep you full and keep your blood sugar level normal. One small apple is equal to about one cup of fruit. Go to www.choosemyplate.gov to learn how many cups of fruits and vegetables you need every day.

	Monday – 8	Tuesday – 9	Wednesday – 10	Thursday – 11	Friday – 12
	<p><u>Main Entrée:</u> Orange Chicken over Noodles - Marinated Veggies - Mandarin Oranges</p> <p><u>Grill:</u> BBQ Pork, Apples & Cabbage Sub - WG Onion Rings - Veggie Crunchers w/ Hummus - Fresh Melon</p> <p><u>Deli Special:</u> Turkey Club - 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> Shepard's Pie - Glazed Carrots - Dinner Roll - Chilled Fruit Cup</p> <p><u>Grill:</u> Salafel Pita (Salmon/Falafel Blend) - Oven Baked Fries - Tomato Basil Salad - Seasonal Fruit</p> <p><u>Deli Special:</u> Cranberry Chicken 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> American Chop Suey - Steamed Broccoli - Warm Breadstick - Chilled Fruit</p> <p><u>Grill:</u> Crispy Chicken or Spicy Chicken Sandwich - Potato Wedges - Baked Beans - Seasonal Fruit</p> <p><u>Deli Special:</u> Italian Sub - 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> Chicken Tikki Masala - Brown Rice - Pita Bread - Fresh Fruit</p> <p><u>Grill:</u> Grilled Reuben - Sweet Potato Fries - Side Salad - Fruit Cup</p> <p><u>Deli Special:</u> BLT Sandwich - 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> Nachos w/ Cheese & Choice of Meat - Assorted Toppers - Marinated Black Bean Salad - Pineapple Tidbits</p> <p><u>Grill:</u> BBQ Chicken Panini - Carrot Sticks w/ Dip - Oven Baked Fries - Fruit Cup</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>

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