

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.

Feb/March

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**

Monday - 12	Tuesday - 13	Wednesday - 14	Thursday - 15	Friday - 16
<p><u>Main Entrée:</u> Popcorn Chicken Mashed Potato Bowls - Roasted Corn - Gravy - Dinner Roll - Apple Slices</p> <p><u>Grill:</u> Greek Gyros Chicken or Beef - Oven Baked Fries - Greek Salad - Apple Slices</p> <p><u>Deli Special:</u> Ham & Cheese on Bulkie - 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> Korean Beef Bowl - Over Brown Rice - Honey Glazed carrots - Pineapple</p> <p><u>Grill:</u> Pesto Chicken Foccacia -Tomato and mozzarella salad - Roasted butternut squash - Blueberries</p> <p><u>Deli Special:</u> 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> BBQ Pork Tips - Lemon zest broccoli - Seasoned Quinoa - Bread Stick - Peaches</p> <p><u>Grill:</u> Italian Chicken Quesadilla - Salsa & Sour Cream - Kale Chips - Pineapple</p> <p><u>Deli Special:</u> Mediterranean Veggie 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> Turkey Dinner - Roasted butternut squash - Au Gratin Potatoes - Stuffing - Dinner Roll - Fresh Fruit</p> <p><u>Grill:</u> Deluxe Burger Bar - Onion Rings - Cherry tomato and corn salsa - Blueberries</p> <p><u>Deli Special:</u> Cranberry 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> Load Your Own Nachos - Choice of chicken, bean, or beef w/assorted toppings - Salsa and Guacamole - Marinated Bean Salad - Tortilla Chips - Blueberries</p> <p><u>Grill:</u> Roasted Turkey Sandwich - Roasted butternut squash - RF Cape Cod chips - Mixed Fruit</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>

February's Harvest of the Month is...

BUTTERNUT SQUASH



Butternut squash is an excellent source of vitamin A and potassium. The bright orange color indicates that it is loaded with beta-carotene, which may lower the risk of certain types of cancer and may offer protection against heart disease. It is low in salt, fat, and has few calories.

Fun Facts:

Nearly every part of the squash plant is edible - leaves, flowers, seeds, and fruit!

Healthy Serving Ideas

- Try butternut hummus: Combine 1 cup butternut squash puree, ½ cup tahini, 1 teaspoon cinnamon, 1/2 teaspoon salt, and a pinch of pepper in a bowl and stir until smooth. Use as a spread for sandwiches or serve as a dip.
- Make butternut hash: Coat a nonstick skillet with 1 tablespoon olive oil. Fry cubed butternut squash, diced ham, and diced onions over medium-high heat until squash is tender. Season with salt and pepper and serve with a fried egg.
- Spread a layer of butternut squash puree on your favorite pre-made pizza crust. Add toppings (suggestions: turkey pepperoni, red bell peppers, goat cheese) and bake at 450°F on the middle oven rack for 15 to 20 minutes or until cheese is melted.



WINTER RECESS!!

<i>Monday – 26</i>	<i>Tuesday – 27</i>	<i>Wednesday – 28</i>	<i>Thursday – 1</i>	<i>Friday – 2</i>
<p><u>Main Entrée:</u> Orange Chicken</p> <ul style="list-style-type: none"> - Steamed carrots - Pork Fried Rice - Fortune Cookie - Pineapple <p><u>Grill:</u> Mediterranean Chicken Wrap</p> <ul style="list-style-type: none"> - Veggie Crunchers w/ Hummus - RF Cape Cod Chips - Fresh Melon <p><u>Deli Special:</u> Roast Beef 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</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Chicken Fajitas</p> <ul style="list-style-type: none"> - Rice & Beans - Peppers & Onions - Tortilla Chips - Peaches <p><u>Grill:</u> Egg and Cheese Frittata Flatbread</p> <ul style="list-style-type: none"> - Baked Beans - Harvest Homefries - Fresh melon <p><u>Deli Special:</u> Tuna Salad Wrap</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Sushi Bar</p> <p>Fresh assorted sushi served with rice or noodles and veggies</p>	<p><u>Main Entrée:</u> Beef Lasagna</p> <ul style="list-style-type: none"> - Caesar Salad - Garlic Bread - Chilled Fruit Cup <p><u>Grill:</u> Buffalo Chicken Wrap</p> <ul style="list-style-type: none"> - Carrot & Celery Sticks w/ Dip - Oven Bake Fries - Seasonal Fruit <p><u>Deli Special:</u> American Sub</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Chef's Choice</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Black and Bleu Burger</p> <ul style="list-style-type: none"> - WG onion rings - Potato Wedges - Fresh Fruit <p><u>Grill:</u> Chicken Parm Sub</p> <ul style="list-style-type: none"> - Roasted Green Beans - Tossed Side Salad - Fruit Cup <p><u>Deli Special:</u> Buffalo Chicken Salad</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Chef's Choice</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Buffalo Chicken Mac and Cheese</p> <ul style="list-style-type: none"> - Garlic Roasted Broccoli - Breadstick - Blueberries <p><u>Grill:</u> Steak & Cheese Panini</p> <ul style="list-style-type: none"> - Sweet potato fries - Kale Coleslaw - Apple Slices <p><u>Deli Special:</u> Chef's Choice</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Chef's Choice</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit

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