

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.

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 - 5

Main Entrée:

- Sweet & Sour Meatballs
- Brown Rice Medley
- Steamed Peas
- Chilled Fruit

Grill:

Beef or Chicken Gyros
On Flatbread

- Lettuce & Tomato
- Greek Salad
- Oven Baked Fries
- Chilled Fruit

Deli Special:

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

Warrior Special

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

Tuesday - 6

Main Entrée:

- Spaghetti w/ Meatballs
or Sausage
- Caesar Salad
- Garlic Bread
- Chilled Juice

Grill:

Crispy Chicken or Spicy
Chicken Sandwich

- Sweet Potato Fries
- Broccoli Salad
- Fruit Cup

Deli Special:

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

Warrior Special

- Sushi Bar
- Served with:
- Veggie of the day
- Assorted Fruit

Wednesday - 7

Main Entrée:

- Crispy Chicken Tenders
- Baked Potato w/ Sour
Cream
- Corn on the Cob
- Seasonal Fruit

Grill:

- RibBQ Sandwich
- Potato Wedges
- Veggie Sticks w/ Dip
- Chilled Juice

Deli Special:

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

Warrior Special

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

Thursday - 8

Main Entrée:

- Oven Roasted
Pork Dinner
- Rice Pilaf
- Twisted Cheese
Breadstick
- Honey Glazed Carrots
- Chunky Applesauce w/
Cinnamon

Grill:

- Chicken Bacon
Ranch Panini
- Tomato Basil Salad
- Oven Baked Fries
- Blueberries

Deli Special:

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

Warrior Special

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

Friday - 9

Main Entrée:

- Oven-Fried Fresh
Haddock Sandwich
- Lettuce & Tomato
- Tartar Sauce
- Marinated Black Bean
Salad
- Oven Roasted Red Bliss
Potatoes
- Sherbet

Grill:

- Deluxe Bacon Burger
- Baked Beans
- Coleslaw
- Seasonal Fruit

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

March's Harvest of the Month is...

DAIRY



The calcium in milk, yogurt and cheese keeps our bones and teeth strong. Dairy products have other essential nutrients including potassium, phosphorus, protein, vitamin A, vitamin D, riboflavin and niacin. Cultured dairy products like yogurt also contain probiotics which can enhance good bacteria in your body that help you process foods and stay healthy.

Fun Facts

Cows have a great sense of smell, they can smell something from over 6 miles away.

A seller of cheese is called a "cheesemonger."

Healthy Serving Ideas

- Add Greek yogurt & marmalade (or apple butter) to oatmeal for a calcium & protein boost in the morning.
- Make stuffed sweet potatoes with black bean & corn salsa and a cheese blend (jack, cheddar, Mexican, etc).
- Make a yogurt parfait with fresh fruit, low fat granola, and plain yogurt - a great choice for breakfast or a healthy dessert.

Monday – 12

Main Entrée:

- Calzones!
Spinach, Meatball or Ham & Cheese
- Broccoli Salad
 - Apple Slices

Grill:

- Teriyaki Chicken Sub
- WG Pretzels
 - Tomato Basil Salad
 - Seasonal Fruit

Deli Special:

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

Warrior Special

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

Tuesday – 13

Main Entrée:

- Chicken Pot Pie over Whipped Potatoes
- Whole Kernel Corn
 - Dinner Roll
 - Peaches

Grill:

- Grilled Twin Hot Dogs
- Baked Beans
 - Veggie Crunchers
 - Mixed Fruit

Deli Special:

- Turkey & Cheese
- Chips or Pretzels
 - Veggie of the day
 - Assorted Fruit

Warrior Special

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

Wednesday – 14

Main Entrée:

- Burrito Bar
- Choice of Meat
 - Rice & Beans
 - Assorted Toppings
 - Chilled Juice & Fruit Cup

Grill:

- Buffalo Chicken Wrap
- Confetti Corn Salad
 - RF Cape Cod Chips
 - Seasonal Fruit

Deli Special:

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

Warrior Special

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

Thursday – 15

St. Patrick's Day Celebration!

Main Entrée:

- Shepard's Pie
- Red Bliss Mashed Potatoes
 - Steamed Carrots
 - Dinner Roll
 - Fresh Fruit

Grill:

- Caprese Panini
- WG Onion Rings
 - Tossed Side Salad
 - Fruit Cup

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

Friday – 16

HALF DAY



Breakfast Served 7a-10a

This institution is an equal opportunity provider and employer.