

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.

April

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 - 2

Main Entrée:

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

Grill:

- Wild Mike's Cheese Bites
- Marinara Sauce
- Veggie Sticks w/ Dip
- Chilled Juice

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

Tuesday - 3

Main Entrée:

- Crispy Chicken Tenders
- Rice Pilaf
- Corn & Black Bean Salad
- Peaches

Grill:

- Rodeo Burger
- Baked Beans
- Oven Baked Fries
- Peaches

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 - 4

Main Entrée:

- American Chop Suey
- Warm Breadstick
- Caesar Salad
- Apple Slices

Grill:

- Buffalo Chicken Wrap
- RF Cape Cod Chips
- Tomato Basil Salad
- Seasonal Fruit

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 - 5

Main Entrée:

- Orange Chicken
- Vegetable Fried Rice
- Glazed Carrots
- Seasonal Fruit

Red Sox Opening Day!



Grill:

- Twin Franks
- Swing-N-a-Miss Sweet Potato Fries
- Catcher Carrot & Celery Sticks
- Baseball Blueberries
- Celebratory Dessert

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 - 6

Main Entrée:

- Homemade Meatloaf
- Garlic Mashed Potatoes
- Seasoned Peas
- Fresh Baked Dinner Roll
- Seasonal Melon

Grill:

- Chicken Parm Sub
- Potato Wedges
- Broccoli Salad
- 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

April's Harvest of the Month is...

POTATOES



One half a cup of cooked potatoes is a good source of vitamin C. A half a cup of potatoes is about half of one medium potato. Potatoes are a source of many important vitamins and minerals, such as vitamin B, potassium, and niacin. Niacin is a type of B-vitamin that helps make energy in your body. Eat the potato skin to get all of these different nutrients.

Fun Facts

During the 18th century, potatoes were served as a dessert, hot and salted, in a napkin.

Healthy Serving Ideas

- Bake a whole potato, when tender remove from oven. Cut the potato in half lengthwise and remove most of the insides, then crack an egg and place inside the potato. Bake at 350°F for 25 minutes. Top with cheese, salsa, or herbs.

- Make sweet potato pancakes. Add 1 cup of mashed sweet potato and 1/4 teaspoon of cinnamon to your pancake batter.

- Make roasted garlic & olive oil mashed potatoes. Boil 2 lbs potatoes until tender. Mash with a 2 TB of olive oil. Roast garlic at 425°F for 45 minutes, then squeeze soft cloves into mashed potatoes and add a little salt for a flavorful low fat side dish.

Monday – 9

Main Entrée:

- Taco Bar!
- Spanish Rice
 - Assorted Toppers
 - Marinated Black Bean Salad
 - Pineapple

Grill:

- Teriyaki Salmon Burger
- Tossed Side Salad
 - RF Cape Cod Chips
 - Mixed 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 – 10

Main Entrée:

- Chicken Broccoli Alfredo Over Penne
- Dinner Roll
 - Orange Wedges

Grill:

- Mini Burger Sliders
- WG Onion Rings
 - Marinated Black Bean Salad
 - 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 – 11

Main Entrée:

- Make-Your-Own Tossed Salad (Chicken Caesar or Chicken Bacon Ranch)
- Pita Bread
 - Sliced Apples

Grill:

- Chicken & Cheese or Cheese Quesadillas
- Salsa & Sour Cream
 - Confetti Corn Salad
 - Chilled Fruit

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

Thursday – 12

Main Entrée:

- Brunch for Lunch!
- French Toast Sticks
 - Chicken Sausage
 - Harvest Homefries
 - Fresh Fruit

NATIONAL GRILLED CHEESE DAY!!

Grill:

- Three-Cheese Grilled Cheese
- Tomato Basil Soup
 - Carrot Sticks w/ Dip
 - 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

Friday – 13

Main Entrée:

- Buffalo Chicken Nachos
- Assorted Toppers
 - Carrot Sticks w/ Dip
 - Fresh Fruit

Grill:

- Chef's Choice
- Fruit & Veggie of the Day
 - 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

Enjoy Your Spring Break!

