

**Catering:**

Need Snacks for Meetings, a School Party, or an After School Event?  
Snacks - Wraps – Pizza – Breakfast

Go online to [www.andoverschoolnutrition.com](http://www.andoverschoolnutrition.com) to place your order.

# May

**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

PRE-ORDER your deli sandwich so you don't have to wait in line! Fill out an order form between 7 and 7:45am in the café. App ordering coming soon!

**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 - 7**

**Main Entrée:**

- Roasted BBQ Chicken
- Rice Pilaf
- Steamed Broccoli
- Dinner Roll
- Peaches

**Grill:**

- Caprese Panini
- Oven Baked Fries
- Cucumber Salad
- Mixed Fruit

**Deli Special:**

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

**Warrior Special**

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

**Tuesday - 8**

**Main Entrée:**

- Pork, Chicken or Veggie Lo Mein
- Oriental Vegetables
- Fortune Cookie
- Orange Wedges

**Grill:**

- Grilled Cheese & Tomato
- Sweet Potato Fries
- Broccoli Salad
- Peaches

**Deli Special:**

- Roast Beef Wrap
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

**Warrior Special**

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

**Wednesday - 9**

**Main Entrée:**

- Hamburger Mac & Cheese
- WG Breadstick
- Glazed Carrots
- Seasonal Fruit

**Grill:**

- Buffalo Chicken Wrap
- RF Cape Cod Chips
- Veggie Crunchers w/ Dip
- Seasonal Fruit

**Deli Special:**

- Chicken 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 - 10**

**Main Entrée:**

- Brunch for Lunch
- French Toast Sticks
- Chicken Sausage
- Hashbrowns
- 100% Fruit Juice

**Grill:**

- Crumbled Beef & Cheese Sub
- WG Onion Rings
- Tossed Side Salad
- Pears

**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 - 11**

**Main Entrée:**

- Mongolian Beef
- Brown Rice
- Black Bean Salad
- Pineapple

**Grill:**

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

**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

# May's Harvest of the Month is...

## SEAFOOD



Seafood is full of Omega-3 fatty acids, which are excellent for heart & brain health. It is also low in fat & high in protein.

### Fun Facts

The Gulf of Maine (which includes the coastline of Massachusetts) is home to over 3,000 species of marine life.

Fish have been on the Earth for more than 450 million years (even before dinosaurs!).

The Atlantic Sailfish is the fastest fish - it travels as fast as a car on the highway.

### Seafood Purchasing Pointers


#### Fresh Fish Tips:

- Fresh fish should not have a "fishy" smell!
- If purchasing a whole fish, make sure the eyes are clear, not cloudy.

#### Frozen Fish Tips:

- Fish should be free of ice crystals.
- No crushed/torn edges of packaging.

## Saturday May 12<sup>th</sup> Menu: Outdoor BBQ, Pizza Line, Deli Bar, Assorted Salads

	Monday – 14	Tuesday – 15	Wednesday – 16	Thursday – 17	Friday – 18
	<p><b><u>Main Entrée:</u></b> Roasted Chicken Drumsticks</p> <ul style="list-style-type: none"> <li>- Assorted Sauces</li> <li>- Mashed Potatoes</li> <li>- Quinoa</li> <li>- Seasonal Fruit</li> </ul> <p><b><u>Grill:</u></b> Fish Sandwich</p> <ul style="list-style-type: none"> <li>- Oven Baked Fries</li> <li>- Marinated Black Bean Salad</li> <li>- Chilled Fruit</li> </ul> <p><b><u>Deli Special:</u></b> Chicken Salad on Bulkie</p> <ul style="list-style-type: none"> <li>- Chips or Pretzels</li> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul> <p><b><u>Warrior Special</u></b> Chef's Choice</p> <p>Served with:</p> <ul style="list-style-type: none"> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul>	<p><b><u>Main Entrée:</u></b> Korean Beef Bowl</p> <ul style="list-style-type: none"> <li>- Brown Rice</li> <li>- Marinated Vegetables</li> <li>- Mandarin Oranges</li> </ul> <p><b><u>Grill:</u></b> Chicken Parm Sub</p> <ul style="list-style-type: none"> <li>- Potato Wedges</li> <li>- Tossed Side Salad</li> <li>- Mixed Fruit</li> </ul> <p><b><u>Deli Special:</u></b> Tuna Salad</p> <ul style="list-style-type: none"> <li>- Chips or Pretzels</li> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul> <p><b><u>Warrior Special</u></b> Sushi Bar</p> <p>Fresh assorted sushi served with rice or noodles and veggies</p>	<p><b><u>Main Entrée:</u></b> Pizza Casserole</p> <ul style="list-style-type: none"> <li>- Dinner Roll</li> <li>- Broccoli Florets</li> <li>- Peaches</li> </ul> <p><b><u>Grill:</u></b> Buffalo Chicken Wrap</p> <ul style="list-style-type: none"> <li>- RF Cape Cod Chips</li> <li>- Carrot Sticks w/ Dip</li> <li>- Seasonal Fruit</li> </ul> <p><b><u>Deli Special:</u></b> Italian Sub</p> <ul style="list-style-type: none"> <li>- Chips or Pretzels</li> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul> <p><b><u>Warrior Special</u></b> Chef's Choice</p> <p>Served with:</p> <ul style="list-style-type: none"> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul>	<p><b><u>Main Entrée:</u></b> Chicken or Veggie Tikki Masala</p> <ul style="list-style-type: none"> <li>- Brown Rice</li> <li>- Vegetable Medley</li> <li>- Fruit Cup</li> </ul> <p><b><u>Grill:</u></b> Mozzarella Sticks</p> <ul style="list-style-type: none"> <li>- Marinara Sauce</li> <li>- Cherry Tomato &amp; Corn Salad</li> <li>- Chilled Juice</li> </ul> <p><b><u>Deli Special:</u></b> Mediterranean Veggie Wrap</p> <ul style="list-style-type: none"> <li>- Chips or Pretzels</li> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul> <p><b><u>Warrior Special</u></b> Chef's Choice</p> <p>Served with:</p> <ul style="list-style-type: none"> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul>	<p><b><u>BBQ DAY!</u></b></p>  <p>Burgers or Hot Dogs</p> <ul style="list-style-type: none"> <li>- Lettuce &amp; Tomato</li> <li>- Coleslaw</li> <li>- Side Salad</li> <li>- Fresh Fruit</li> </ul> <p><b><u>Deli Special:</u></b> Manager's Choice</p> <ul style="list-style-type: none"> <li>- Veggie of the day</li> <li>- Assorted Fruit</li> </ul>

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