

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.

Gail Koutroubas: Foodservice Director
Lynnea Gleason: Nutrition Coordinator
Nathan Langevin: HS Kitchen Supervisor

June



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 - Quiche
-Pancakes - Breakfast Burritos
-Omelet Bar - Assorted Baked Goods

**Assorted Low-Fat Milks,
Side Salad, Soup & Fresh
Fruit Served Daily w/ Lunch**

Monday – 18

Main Entrée:

Chicken Fajitas

- Spanish Rice
- Fiesta Corn Salad
- Peaches

Grill:

Grilled Cheese

- Oven Baked Fries
- Cucumber Salad
- Mixed Fruit

Deli Special:

Turkey & Cheese

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

Warrior Special

Chef's Choice

Served with:
- Veggie of the day
- Assorted Fruit

Tuesday – 19

Main Entrée:

Greek Moussaka

- Steamed Carrots
- Pita Bread
- Seasonal Fruit

Grill:

BBQ Rodeo Burger

- Tomato Basil Salad
- RF Cape Cod Chips
- 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 – 20

Main Entrée:

Homemade
Mac & Cheese

- Garlic Bread
- Roasted Broccoli
- Blueberries

Grill:

Buffalo Chicken Sandwich

- Sweet Potato Fries
- 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 – 21

Main Entrée:

Korean Beef Bowl

- Brown Rice
- Marinated Vegetables
- Pears

Grill:

Mediterranean

Veggie Panini

- WG Pretzels
- Broccoli Salad
- Orange Wedges

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

Friday – 22

Main Entrée:

Nacho Bar

Top with Buffalo Chicken
or Ground Beef
- Assorted Toppers
- Seasonal Fruit

Grill:

Cheeseburger Sliders

- Caesar Salad
- Potato Wedges
- Apple Slices

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

June's Harvest of the Month is...

STRAWBERRIES



Strawberries are the first locally-grown fruit of the year to ripen, a sign of the bounty yet to come! They are full of vitamin C, fiber, and antioxidants and low in calories.

Fun Facts

There are 7 towns named "Strawberry," 6 in the United States and 1 in Jamaica.

It takes 30 days for each strawberry to grow from flower to fruit.

Strawberry Pointers

- Look for plump berries with a rich color, bright green caps, and a sweet smell.
- Store unwashed berries in the fridge in a perforated container for up to 3 days, but it is best to eat them as soon as possible!
- Gently wash berries with cool water with the caps still intact.

Monday – 25

Main Entrée:

Chicken Tenders

- Potato Wedges
- Steamed Corn
- Mixed Fruit

Grill:

Twin Hot Dogs

- Baked Beans
- Side Salad
- Mixed 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

Tuesday – 26

Wednesday – 27

Thursday – 28

Friday – 29



Breakfast served 7a-10am

Assorted Pizza, Salads & Sandwiches Available for Lunch

This institution is an equal opportunity provider and employer.