

**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.

# June

**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:

<b>Breakfast</b>	<b>\$2.25</b>
<b>Main Entrée</b>	<b>\$3.00</b>
<b>Pizza Bar</b>	<b>\$3.00</b>
<b>Grill/Deli/Salad Bar</b>	<b>\$3.25</b>
<b>Warrior Specialty</b>	<b>\$3.25</b>
<b>Panini Specials</b>	<b>\$3.35</b>

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 – 4**

Main Entrée:

Brunch for Lunch!

- Pancakes w/ Syrup
- Sausage
- Harvest Home Fries
- Blueberry Crisp w/ Whipped Topping

Grill:

Chicken Vegetable  
Curry Wrap

- 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 – 5**

Main Entrée:

Build-Your-Own  
Burrito Bowl

- Assorted Toppers
- Seasonal Fruit

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 – 6**

Main Entrée:

Chicken Broccoli Alfredo  
over Pasta

- WG Breadstick
- Peaches

Grill:

Buffalo Chicken Wrap

- Sweet Potato Fries
- Veggie Crunchers w/ Dip
- 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 – 7**

Main Entrée:

Veggie Sausage Stir Fry

- Marinated Veggies
- Brown Rice
- Apple Slices

Grill:

Teriyaki Salmon Burger

- Potato Wedges
- Broccoli Salad
- 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

**Friday – 8**

**BBQ DAY!**



Burgers or Hot Dogs

- Lettuce & Tomato
- Potato Salad
- Baked Beans
- Fresh Fruit

Deli Special:

Manager's Choice

- 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 – 11**

**Main Entrée:**

Teriyaki Chicken

- Brown Rice
- Marinated Vegetables
- Mixed Fruit

**Grill:**

Salafel on Pita  
(Salmon Falafel)

- Oven Baked Fries
- Broccoli Salad
- Mixed Fruit

**Deli Special:**

Ham Salad

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

**Warrior Special**

Chef's Choice

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

**Tuesday – 12**

**Main Entrée:**

Make Your Own

Tossed Salad:

Chicken Caesar or  
Chicken Bacon Ranch

- Pita Bread
- Orange Wedges

**Grill:**

Crumbled Beef &  
Cheese Sub

- Sweet Potato Fries
- Confetti Corn Salad
- Peaches

**Deli Special:**

Tuna Salad

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

**Warrior Special**

Sushi Bar

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

**Wednesday – 13**

**Main Entrée:**

Pasta w/ Meat Sauce  
or Marinara

- Cheesy Garlic Bread
- Roasted Broccoli
- Seasonal Fruit

**Grill:**

Buffalo Chicken  
Sandwich

- RF Cape Cod Chips
- Veggie Crunchers w/ Dip
- Pears

**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 – 14**

**Main Entrée:**

Popcorn Chicken Bowl  
Over Mashed Potatoes

- Steamed Corn
- Peaches

**Grill:**

Chicken & Cheese or  
Cheese Quesadilla

- Confetti Corn Salad
- Salsa & Sour Cream
- Seasonal Fruit

**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 – 15**

**Main Entrée:**

Deluxe Burger Bar

- Assorted Toppers
- Side Salad
- Baked Beans
- Peaches

**Grill:**

Greek Gyro

- Oven Baked Fries
- Cucumber & Tomato 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

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