

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.

Aug/Sept

Gail Koutroubas: Food Service Director
Taylor Pirog: Asst. Food Service Director
Nathan Langevin: HS Kitchen Supervisor



EATING HEALTHY for ACTIVE LEARNING
ANDOVER SCHOOL NUTRITION SERVICES

Served Daily:

Grab n' Gos \$3.50

Assorted Salads & Power Packs

Deli Bar Sandwiches: \$3.50

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: \$3.25

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 \$3.25**
- Pizza Bar \$3.25**
- Grill/Deli/Salad Bar \$3.50**
- Warrior Specialty \$3.50**

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 – 27

Tuesday – 28

Wednesday – 29

Thursday – 30

Friday – 31



Main Entrée:

- Chicken Tenders
- Oven Roasted Potato Wedges
- Whole Kernel Corn
- Dinner Roll
- Fresh Fruit

Grill:

- Meatball Mozzarella Sub
- Oven Roasted Potato Wedges
- Veggie Crunchers w/ Dip
- Fresh Fruit Cup

Deli Special:

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

BBQ DAY!



- Italian Grilled Chicken, Burgers, or Hot Dogs
- Lettuce & Tomato
- Baked Beans
- Creamy Coleslaw
- Watermelon

Deli Special:

- Manager's Choice
- Veggie of the day
- Assorted Fruit

No School!

**Labor Day
Weekend!**

Enjoy!


September's Harvest of the Month is...



Eating a variety of colorful fruits and vegetables can help your family stay healthy and fresh tomatoes are a wonderful treat this time of year!

Tomatoes are a good source of vitamin C and vitamin A, as well as Lycopene, which many studies suggest may be linked to reduced risk of cancer and heart disease.

Did you know...? According to the USDA, each of us eats about 20 pounds of tomatoes per year!!

<i>Monday – 3</i>	<i>Tuesday – 4</i>	<i>Wednesday – 5</i>	<i>Thursday – 6</i>	<i>Friday – 7</i>
<p>No School Today!</p> 	<p><u>Main Entrée:</u> Twin Taco Bar Chicken or Beef on Soft or Hard Shell</p> <ul style="list-style-type: none"> - Assorted Toppers - Salsa, Sour Cream, Guacamole - Cheesy Refried Beans - Spanish Rice - Chilled Pineapple <p><u>Grill:</u> Crispy Chicken Sandwich</p> <ul style="list-style-type: none"> - Sweet Potato Fries - Broccoli Salad - Peaches <p><u>Deli Special:</u> Mediterranean Veggie Wrap</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Sushi Bar</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Oven Roasted Chicken</p> <ul style="list-style-type: none"> - Brown Rice - Corn on the Cob - Biscuit - Blueberries w/ Whipped Topping <p><u>Grill:</u> Four-Cheese Grilled Cheese</p> <ul style="list-style-type: none"> - RF Cape Cod Chips - Tomato Basil Salad - Pears <p><u>Deli Special:</u> Turkey Club</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Pasta Bar</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Homemade Meatloaf</p> <ul style="list-style-type: none"> - Mashed Potatoes - Steamed Broccoli - Dinner Roll - Fresh Fruit Cup <p><u>Grill:</u> Chicken Parm Sub</p> <ul style="list-style-type: none"> - Oven Baked Fries - Tossed Salad - Seasonal Fruit <p><u>Deli Special:</u> Chef's Choice</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Chef's Choice</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit 	<p><u>Main Entrée:</u> Make- Your-Own Tossed Salad Chicken Caesar or Chicken Bacon Ranch</p> <ul style="list-style-type: none"> - Pita Bread - Seasonal Fruit <p><u>Grill:</u> Steak & Cheese w/ Peppers & Onions</p> <ul style="list-style-type: none"> - Potato Wedges - Roasted Chickpeas - Seasonal Fruit <p><u>Deli Special:</u> Buffalo Chicken Salad</p> <ul style="list-style-type: none"> - Chips or Pretzels - Veggie of the day - Assorted Fruit <p><u>Warrior Special</u> Pasta Bar</p> <p>Served with:</p> <ul style="list-style-type: none"> - Veggie of the day - Assorted Fruit

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