

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.

September

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 – 10

No School Today!



Rosh Hashanah

Tuesday – 11

BBQ DAY!



Sausages or Jumbo Hot Dog w/ the Works, or Grilled Chicken Sandwich
- Lettuce & Tomato
- Broccoli Salad
- RF Cape Cod Chips
- Fresh Fruit

Deli Special:

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

Warrior Special

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

Wednesday – 12

Main Entrée:

Beef or Cheese Lasagna
- Garlic Bread
- Seasoned Green Beans
- Chilled Juice
- Fresh Melon

Grill:

Cuban Panini
- Potato Wedges
- Cherry Tomato & Corn Salad
- Peaches

Deli Special:

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

Warrior Special

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

Thursday – 13

Main Entrée:

Spinach Pie
- Greek Salad
- Fresh Cut Fruit
- Pita Bread

Grill:

Chicken Pesto on Pretzel Roll
- Three Bean Salad
- Oven Baked Fries
- Seasonal Fruit

Deli Special:

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

Warrior Special

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

Friday – 14

Main Entrée:

Oven Baked Fresh Fish
- Rice Pilaf
- Lemon Zest Broccoli
- Dinner Roll
- Orange Wedges

Grill:

Deluxe Burger Bar
- Assorted Toppings
- Tossed Salad
- RF Cape Cod Chips
- Melon

Deli Special:

Chef's Choice
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

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

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!!

Monday – 17

Main Entrée:

Sweet & Sour Pork

- Brown Rice
- Corn & Black Bean Salad
- Fresh Fruit

Grill:

Grilled Cheese Panini w/
Ginger Pumpkin Soup

- Oven Baked Fries
- Chilled Fruit

Deli Special:

Seafood Salad

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

Warrior Special

Stuffed Shells

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

Tuesday – 18

Main Entrée:

Buffalo Chicken
Mac & Cheese

- Tossed Salad
- Dinner Roll
- Fresh Fruit

Grill:

Chicken or Veggie Gyros

- Greek Salad
- Veggie Crunchers w/
Hummus
- Rice Pudding w/ Cinnamon
- Seasonal Fruit

Deli Special:

Italian Sub

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

Warrior Special

Sushi Bar

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

Wednesday – 19

No School
Today!



Yom Kippur

Thursday – 20

Main Entrée:

Butternut Squash &
Chicken Curry

- Served over Couscous
- Fresh Basil
- Chilled Pears
- Dinner Roll

Grill:

Chef's Choice

- Veggie of the Day
- Seasonal Fruit

Deli Special:

Tuna Salad Sub

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

Warrior Special

American Chop Suey

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

Friday – 21

Main Entrée:

Beef Stroganoff
over Noodles

- Steamed Corn
- Chilled Peaches
- Warm Breadstick

Grill:

Fish Sandwich on Bulkie

- Sweet Potato Fries
- Confetti Corn Salad
- Peaches

Deli Special:

Chicken Caesar Wrap

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

Warrior Special

Chicken Alfredo
over Pasta

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

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