

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/ October

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. NOW on the app: "Web Menus"

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:

- 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 – 24

Main Entrée:

Chicken Broccoli Alfredo
-Steamed Green Beans
-Garlic Bread
-Fresh Fruit

Grill:

Roasted Vegetable Wrap w/pesto, mixed veg and mozzarella
-Cucumber Salad
-Potato Wedges
-Mixed Fruit

Deli Special:

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

Warrior Special:

Chicken Tikki Masala
-Couscous
-Green Beans
-Fresh Fruit

Tuesday – 25

Main Entrée:

Shepard's Pie
-Glazed Carrots
-Dinner Roll
-Chilled Fruit Cup

Grill:

Chicken Parm Sub
-Sweet potato fries
-Garden Salad
-Fresh Fruit

Deli Special:

Chicken Caesar Wrap
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special:

Sushi
- Veggie of the day
- Assorted Fruit

Wednesday – 26

Main Entrée:

Greek Chicken Bowls
- Quinoa
- Cucumber, red onion, cherry tomatoes
- Tzatziki
- Pita
-Assorted Fruit

Grill:

Buffalo Chicken Quesadilla
- Carrot or Celery Sticks
- Blue Cheese or Ranch Dressing
- Peaches

Deli Special:

Turkey Club on Croissant
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

Hamburger or Cheeseburger Deluxe
- Coleslaw
- Potato Wedges
- Fresh Fruit

Thursday – 27

Main Entrée:

Ham or Broccoli Quiche
- Harvest Home Fries
- Garden Salad
- Dinner Roll
- Pear

Grill:

Mozzarella Sticks
- Marinara Sauce
- Cherry Tomato & Corn Salad
- Chilled Juice

Deli Special:

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

Warrior Special

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

Friday – 28

Main Entrée:

Baked Fresh Fish
- Arugula Lemon Pesto Pasta Salad
- Roasted Broccoli
- Assorted Fruit

Grill:

Falafel Wrap
- Hummus
- Veggie Sticks
- Fresh Fruit

Deli Special:

Italian Sub on Baguette
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

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

October's Harvest of the Month is...



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

Pears are a good source of Vitamin C and dietary fiber, as well as complex carbohydrates for long lasting energy. They are low in calories, and have no fat, cholesterol, or sodium. They can contribute to healthy blood pressure, good cholesterol levels, and weight maintenance.

Fun Facts! Pear trees start to produce fruit 4 years after planting. Pears ripen off the tree, after they are picked. Pear trees can live for up to 75 years.

	<i>Monday – 1</i>	<i>Tuesday – 2</i>	<i>Wednesday – 3</i>	<i>Thursday – 4</i>	<i>Friday – 5</i>
	<p><u>Main Entrée:</u> Oven Roasted Pork - Honey Roasted Carrots - Garlic Mashed Potatoes -Dinner Roll - Pineapple Chunks</p> <p><u>Grill:</u> Fajita Steak Sub - Confetti Corn Salad - Fresh Melon</p> <p><u>Deli Special:</u> Tuna Pocket - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Teriyaki Meatballs -Lo Mein Noodles -Stir Fried Oriental Vegetables -Fortune Cookie</p>	<p><u>Main Entrée:</u> Buffalo Chicken Spaghetti Squash - Tortilla Chips - Sour Cream - Veggie Sticks</p> <p><u>Grill:</u> Grilled Cheese - Fresh Tomato Soup - Tossed Salad - Peaches</p> <p><u>Deli Special:</u> Roasted Turkey, Apple, and Cheese Wrap - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Sushi Bar Served with: - Veggie of the day - Assorted Fruit</p>	<p><u>Main Entrée:</u> Crispy Baked Chicken - Rosemary Potato Wedges - Pear and Quinoa Salad w/ Maple Balsamic Dressing</p> <p><u>Grill:</u> Meatball Parmesan Sub - Caesar Salad - Rosemary Potato Wedges - Orange Wedges</p> <p><u>Deli Special:</u> Mediterranean Veggie Wrap - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Spaghetti w/ Meat Sauce -Garlic Bread -Mozzarella and Tomato Salad -Fresh Fruit</p>	<p><u>Main Entrée:</u> Nacho Bar Beef or Chicken - Variety of Toppings: lettuce, tomato, salsa, cheese, jalapeno, sour cream - Fresh Fruit</p> <p><u>Grill:</u> Grilled Tuna Melt - Smile Fries - Coleslaw -Fresh Fruit</p> <p><u>Deli Special:</u> Roast Beef Wrap - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Spicy Moroccan Chicken Drumsticks -Couscous -Moroccan Carrot Salad -Assorted Fruit</p>	<p><u>Main Entrée:</u> Greek Pastitio -Greek Style Green Beans -Chilled Juice -Rice Pudding</p> <p><u>Grill:</u> Brunch for Lunch! Made to Order Pancakes -Turkey Sausage -Harvest Home Fries -Blueberries w/ whipped topping</p> <p><u>Deli Special:</u> Buffalo Chicken Salad - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><u>Warrior Special</u> Chef's Choice Served with: - Veggie of the day - Assorted Fruit</p>

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