

**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.

**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

# October

**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! 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 – 8**

**Tuesday – 9**

**Wednesday – 10**

**Thursday – 11**

**Friday – 12**



Main Entrée:

Wing Bar  
-Buffalo, Teriyaki or Plain  
-Chinese Rice  
-Steamed Veggies  
-Fortune Cookie

Grill:

Grilled Cheese  
-Homemade Soup  
-Side Salad  
-Fresh Fruit

Deli Special:

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

Warrior Special:

Sushi Bar  
- Veggie of the day  
- Assorted Fruit

Main Entrée:

Ravioli with Sauce  
- Garlic Bread  
- Seasoned Green Beans  
- Chilled Juice  
- Fresh Melon

Grill:

Ham and Cheese 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  
-Pita Bread  
- Veggie of the day  
- Fresh Fruit

Main Entrée:

Greek Style Chicken  
- Rice Pilaf  
- 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

Ziti w/Meatballs  
- Garlic Bread  
- Veggie of the day  
- Assorted Fruit

Main Entrée:

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

Grill:

Twin Hot Dogs  
- Assorted Toppings  
- Baked Beans  
- Carrot Sticks  
- Melon

Deli Special:

Seafood Salad on Pretzel Roll  
- Chips or Pretzels  
- Veggie of the day  
- Assorted Fruit

Warrior Special

Chef's Choice  
- 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 – 15</i>	<i>Tuesday – 16</i>	<i>Wednesday – 17</i>	<i>Thursday – 18</i>	<i>Friday – 19</i>
	<p><b><u>Main Entrée:</u></b> Chicken Tenders -Roasted Potato Wedges -Green Beans -Dinner Roll</p> <p><b><u>Grill:</u></b> Meatball Sub w/Provolone -Marinara Sauce -Potato Wedges -Veggie Crunchers</p> <p><b><u>Deli Special:</u></b> Mediterranean Wrap - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><b><u>Warrior Special</u></b> Spaghetti w/ Meat Sauce or Marinara -Garlic Bread -Caesar Salad -Fresh Fruit</p>	<p><b><u>Main Entrée:</u></b> Taco Bar! -All the Fixings -Spanish Rice -Refried Beans w/Cheese -Pineapple Tidbits</p> <p><b><u>Grill:</u></b> Grilled Chicken w/ Peppers and Onions -Fresh Corn on the Cob -Creamy Coleslaw -Peaches</p> <p><b><u>Deli Special:</u></b> Chef's Choice - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><b><u>Warrior Special</u></b> Garlic Chicken Pasta -Breadstick -Garden Salad w/ Assorted Dressing -Chilled Juice</p>	<p><b><u>Main Entrée:</u></b> Roast Turkey Dinner -Whipped Potatoes -Seasoned Peas -Stuffing -Cranberry Sauce -Apple Crisp w/ Topping</p> <p><b><u>Grill:</u></b> Thai BBQ Sandwich - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><b><u>Deli Special:</u></b> BLT Club -Pickle on the Side -Veggie of the Day -Assorted Fruit</p> <p><b><u>Warrior Special</u></b> Assorted Flatbread Pizzas - Side Salad - Chilled Peaches - 100% Juice</p>	<p><b><u>Main Entrée:</u></b> Swedish Meatballs over Noodles - Warm Breadstick - Steamed Spinach - Fresh Fruit</p> <p><b><u>Grill:</u></b> Teriyaki Salmon Burger - Potato Wedges - Broccoli Salad - Seasonal Fruit</p> <p><b><u>Deli Special:</u></b> Sante Fe Chicken on Bulkie Roll - Chips or Pretzels - Veggie of the day - Assorted Fruit</p> <p><b><u>Warrior Special</u></b> International Special - Veggie of the day - Assorted Fruit</p>	<p><b>Half Day!</b>  <b>Breakfast Served from 7a-10a</b></p>

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