

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.

October/ November

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! 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 – 22

Main Entrée:

Meatloaf w/Gravy
-Scalloped Potatoes
-Seasoned Peas
-Dinner Roll
-Chilled Fruit Cup

Grill:

Grilled Hot Dog on Roll
-Baked Beans
-Veggie Crunchers w/Ranch Dip
-Chilled Fruit Cup

Deli Special:

Seafood Salad on Pretzel roll
-Veggie of the Day
-Assorted Fruit

Warrior Special:

Spaghetti w/Meat Sauce or Marinara
-Garlic Bread
-Tossed Salad
-Fruit

Tuesday – 23

Main Entrée:

Twin Taco Bar
-All the Fixings
-Spanish Rice
-Refried Cheese Beans
-Chilled Pineapple

Grill:

Soup and Grilled Cheese
-Oven Baked French Fries
-Three Bean Salad
-Pickles
-Chilled Pineapple

Deli Special:

Tuna Club w/ Bacon, Lettuce, and Tomato
-Veggie of the Day
-Assorted Fruit

Warrior Special:

Sushi Bar
- Veggie of the day
- Assorted Fruit

Wednesday – 24

Main Entrée:

Chicken Pot Pie
-Garlic Mashed Potato
-Tossed Salad w/ Dressing
-Dinner Roll
-Apple Crisp w/ Topping

Grill:

Grilled Chicken BLT on Bulky Roll
-Corn and Tomato Salad
-Chips
-Chilled Juice
-Apple Crisp w/ Topping

Deli Special:

Greek Wrap
-Veggie of the Day
-Assorted Fruit

Warrior Special

Lazy Man's Lasagna
-Garlic Bread
-Three Beans Salad
-Chilled Fruit and Juice

Thursday – 25

Main Entrée:

Chicken Tenders w/Dippers
-Dinner Roll
-Oven Baked Sweet Potato
-Corn on the Cob
-Chilled Peaches

Grill:

Buffalo Chicken Panini
-Macaroni Salad
-Veggie Crunchers w/Dip
-Chilled Juice
-Chilled Peaches

Deli Special:

Turkey Club on Bulky
-Veggie of the Day
-Assorted Fruit

Warrior Special

Pasta w/ Chicken Scampi
-Dinner Roll
-Seasoned Green Beans
-Chilled fruit

Friday – 26

Main Entrée:

Oven Baked Fish w/lemon
-Creamy Cole Slaw
-Broccoli Salad
-Bread Stick
-Chilled Pears

Grill:

Grilled Ruben
-Made w/Sauerkraut, Swiss Cheese and Thousand Island
-Baked Potato Wedges
-Creamy Tropical Slaw
-Chilled Pears

Deli Special:

Italian Sub on Baguette w/works
-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.

Monday – 29

Main Entrée:

- Beef or Cheese Lasagna
- Italian Bread
- Side Salad w/ Dressing
- Fresh Fruit

Grill:

- Grilled Veggie Panini
- Kettle Chips
- Seasonal Fruit

Deli Special:

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

Warrior Special

- Pasta Alfredo
- Broccoli
- Breadstick
- Caesar Salad

Tuesday – 30

Main Entrée:

- Italian Herbed Chicken
- Oven Roasted Red Bliss Potatoes
- Baked Beans
- Blueberry Crisp

Grill:

- Steak and Cheese Sub
- Garden Salad
- Kettle Chips
- 100% Fruit Juice

Deli Special:

- Greek Salad Wrap
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

- Sushi Bar
- Veggie of the day
- Assorted Fruit

Wednesday – 31

Main Entrée:

- Stuffed Shells
- Dinner Roll
- Seasoned Green Beans
- Chilled fruit

Grill:

- Chicken or Veggie Gyro
- Oven Baked Fries
- Greek Salad
- Pineapple

Deli Special:

- Turkey & Cheese Wrap
- Chips or Pretzels
- Veggie of the day
- Assorted Fruit

Warrior Special

- Spinach and Cheese or Ham and Cheese Calzone
- Side Salad
- Chilled Peaches
- 100% Juice

Thursday – 1

Main Entrée:

- Beef & Broccoli
- Brown Rice
- Honey Glazed Carrots
- Chilled Fruit

Grill:

- Buffalo Chicken Sandwich
- Side Caesar Salad
- Sweet Potato Fries
- Chilled Fruit

Deli Special:

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

Warrior Special

- International Special
- Veggie of the day
- Assorted Fruit

Friday – 2

Main Entrée:

- American Chop Suey
- Italian Bread
- Caesar Salad
- Chilled Juice
- Fresh Melon

Grill:

- Teriyaki Chicken Sub
- Kettle Chips
- Veggie Sticks w/ Dip
- Seasonal Fruit

Deli Special:

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

Warrior Special

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

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