

**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

# November

**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 – 5**

Main Entrée:

Black Pearl Medley  
Mandarin Chicken Bowl  
-Chinese Vegetables  
-Chilled Pineapple

Grill:

Pizza Burger on Roll  
-Broccoli Salad  
-Roasted Potato Wedges  
-Chilled Fruit

Deli Special:

Turkey Club  
-Pretzels or Chips  
-Veggie of the Day  
-Assorted Fruit

Warrior Special:

Beef Taco Pie  
-Spanish Rice  
-Corn and Black Bean Salad  
-Salsa and Sour Cream  
-Chilled Fruit

**Tuesday – 6**

**No School!**



**Wednesday – 7**

Main Entrée:

Salisbury Steak  
-Brown Mushroom Gravy  
-Whipped Potatoes  
-Roasted Green Beans  
-Dinner Roll

Grill:

Grilled Cheese and Creamy Tomato Soup  
-Veggie Sticks with Dip  
-Chilled Peaches

Deli Special:

Ham and Cheese Sub  
-Pretzels or Chips  
-Veggie of the Day  
-Assorted Fruit

Warrior Special

Pasta Primavera  
-Tomato Mozzarella Salad  
-Breadstick  
-Fresh Fruit

**Thursday – 8**

Main Entrée:

Greek Chicken Bowls  
-Quinoa  
-Cucumber, red onion, cherry tomato  
-Tzatziki  
-Pita

Grill:

BBQ Pulled Pork Sandwich  
-Apple Slaw  
-Oven Roasted Potato Wedges  
-Fresh Fruit

Deli Special:

Buffalo Chicken Salad  
-Pretzels or Chips  
-Veggie of the Day  
-Assorted Fruit

Warrior Special

International Special  
- Veggie of the day  
- Assorted Fruit

**Friday – 9**

Main Entrée:

Build Your Own Salad Bowl!  
-Caesar Salad or Chicken Bacon Ranch  
-Assorted Toppings  
-Breadstick

Grill:

Buffalo Chicken Sandwich  
-Fresh Pasta Salad  
-Kale Chips  
-Fresh Fruit

Deli Special:

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

Warrior Special

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

## November's Harvest of the Month is...



Eating a variety of colorful fruits and vegetables can help your family stay healthy! Kale can be added into a number of recipes such as soups, smoothies, stir-fries..the list goes on!

Kale is loaded with fiber and antioxidants, and one cup of raw kale provides more than 100% of the daily value of vitamins A, C and K. Nutrient dense, low calorie foods like kale help fight diseases linked to heart health like diabetes and obesity. Per calorie, kale has more iron than beef and more calcium than milk!

### Fun Facts:

After a frost, kale becomes sweeter. Kale has been cultivated for over 6,000 years. The US plants more kale in acres than brussels sprouts.

*Monday – 12*

**No School!**



*Tuesday – 13*

### Main Entrée:

- Honey Lemon Chicken
- Brown Rice Pilaf
- Roasted Broccoli
- Dinner Roll

### Grill:

- Veggie Quesadilla
- Cheese quesadilla filled with sautéed peppers and onions
- Salsa
- Sour Cream
- Mexicali Corn

### Deli Special:

- Chicken Salad Sandwich
- Pretzels or Chips
- Veggie of the Day
- Assorted Fruit

### Warrior Special

- Sushi Bar
- Veggie of the day
- Assorted Fruit

*Wednesday – 14*

### Main Entrée:

- Nacho Bar Day!
- Chicken or Beef
- Cheese
- Assorted Toppings

### Grill:

- Chicken Pesto on Pretzel Roll
- Side Caesar Salad
- Chickpea Salad
- Fresh Fruit

### Deli Special:

- Buffalo Chicken Wrap
- Pretzels or Chips
- Veggie of the Day
- Assorted Fruit

### Warrior Special

- International Special
- Veggie of the day
- Assorted Fruit

*Thursday – 15*

~\$2.50 Lunch Special!~

### Main Entrée:

- Thanksgiving Dinner
- Roast Turkey
- Gravy
- Garlic Mashed Potatoes
- Roasted Green Beans
- Stuffing
- Cranberry Sauce
- Dinner Roll



*Friday – 16*

### Main Entrée:

- Chicken Tikka Masala
- Couscous
- Honey Glazed Carrots
- Chilled Fruit

### Grill:

- Cowboy Burger
- Burger w/ BBQ Sauce
- Onion Rings
- Coleslaw

### Deli Special:

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

### Warrior Special

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

