



EATING HEALTHY for ACTIVE LEARNING
ANDOVER SCHOOL NUTRITION SERVICES

High School Breakfast & Lunch Menus

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Or Contact the School Nutrition Office 978-247-520

December 3-7th

PRICES:

Breakfast	\$2.25
Main Entrée	\$3.25
Pizza Bar	\$3.25
Grill/Deli/Salad Bar	\$3.50

Did You Know?

You can order your deli sandwich ahead of time using our app?

Go to the App Store search for "Web Menus"

Weekly Health Fact:

In Massachusetts, our bodies only synthesize Vitamin D from the sun from March-November.

Now that winter is here, make sure you are getting sources of Vitamin D (milk, cheese, fatty fish, and fortified items like cereal) on a daily basis.

Vitamin D is essential for building strong bones and especially important during teenage years.

Catering:

Having an event?

Check out our catering options at our website
andoverschoolnutrition.com

Breakfasts, sandwiches, pizzas, special dinners are just a few of the options we can provide. We also do custom orders.

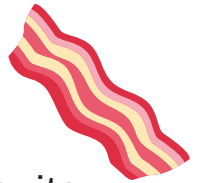
Breakfast

Monday

Variety of Croissant Egg Sandwiches

Tuesday

Scrambled Eggs,
Bacon, Sausage,



French Toast Sticks & Warm Biscuits

Wednesday

Fresh Baked Waffles

Strawberries, Blueberries, Peaches,
Chocolate Chips & Cinnamon apples

Bacon or Sausage

Thursday

Egg Puff Pastry:

Ham & Cheese

Broccoli & Cheese

Sausage Egg & Cheese

Served w/ Hashbrowns



Friday

Variety of Croissant Egg Sandwiches

We also serve a daily assortment of assorted bagels & muffins, cereals, yogurt parfaits/smoothies, fresh fruit, assorted milks and juices

Coming Soon!

Keep an eye out for our new Hot Chocolate Bar starting this winter! Announcements will be made as it gets closer.





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High School Menu December 3rd-7th

Main Entrée:

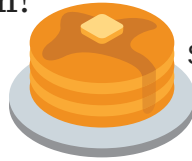


**Monday, 3rd - Garlic Chicken
Pasta**

- Seasoned Peas
- Fresh Breadstick
- Fresh Fruit

Tuesday, 4th - Brunch for Lunch!

- Pancakes w/ Maple Syrup
- Sausage Links
- Strawberries and Blueberries
- Harvest Homefries



Wednesday, 5th - Barbecued Chicken

- Cornbread
- Steamed Green Beans
- Coleslaw
- Fresh Fruit



Thursday, 6th - Salmon Burgers

- Rosemary Potato Wedges
- Fiesta Corn and Black Bean Salad
- Assorted Fruit

Friday, 7th - Early Release Day

Breakfast Served from 7a-9:30a

Assorted Low-Fat Milks, Side
Salad, Soup & Fresh Fruit Served
Daily w/ Lunch

Cuisine of the Week: Mexican!



Monday and Tuesday- Chicken Quesadilla
Made with Seasoned Peppers and Onions
Served with Salsa and Sour Cream
Side of Fresh Fruit



Wednesday and Thursday- Beef Tacos
Served with Shredded Lettuce, Tomato, Cheese,
Salsa and Sour Cream
Side of Fresh Fruit

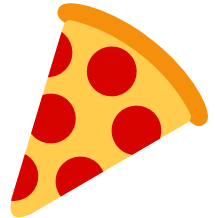
Pizza Line:

Monday, 3rd - Cheeseburger Pizza

- Mini Salad Bar
- Fresh Assorted Fruit

Tuesday, 4th - Sausage Pizza

- Tomato, Basil, Mozzarella Salad
- Fresh Assorted Fruit



Wednesday, 5th - Hawaiian Pizza

- Veggie Crunchers and Dip
- Fresh Assorted Fruit

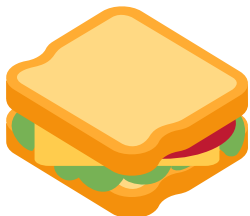
Thursday, 6th - Flat Bread

- Buffalo Chicken or Broccoli and Cheese
- Kale Chips
- Fresh Assorted Fruit

Friday, 7th - Early Release Day

Breakfast Served from 7a-9:30a

Deli Line:



Served Daily. 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
Toppings: Lettuce, Tomato, Pickles, Cucumbers, Black Olives, Peppers, Hot
Peppers, Onions, Spinach, Carrots, Celery, Hummus
Choose from Bulky, Sub Roll or Wrap, all are Whole Grain;
Add one of our special sauces
-Served with assorted salads, fruit and milk