



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 31- January 4th

PRICES:

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

DELI PREORDER

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

Go to the App Store search for "Web Menus"

See signs in the Cafeteria for Details!

Weekly Health Fact:

New Year, New You? Absolutely!

There is never a wrong time to start making changes to better your life and your health.

Tip: Start by setting small goals. Add a small portion of vegetables to your plate every day.

Plan a walk 2x a week.

Write your goals down and acknowledge when you achieve them. Feel Proud! This will help as you build on to them. Soon enough these healthy changes will become routine!

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.

Coming Soon!

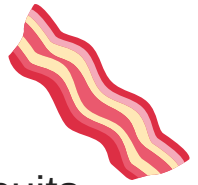
Breakfast

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

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





High School Menu

December 31- January 4th

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Main Entrée:

Monday, 31st - No School!

Tuesday, 1st - No School!



Wednesday, 2nd - Orange Chicken

- Brown Rice
- Stir Fry Vegetables
- Chilled Pineapple

Thursday, 3rd - National Spaghetti Day!

- WG Spaghetti
- Meat Sauce or Marinara Sauce
- Roasted Broccoli
- Garlic Texas Toast
- Assorted Fruit

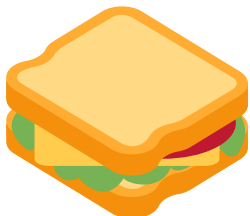


Friday, 4th - Nacho Bar!

- Tortilla Chips
- Choice of Meat and/or Queso
- Assorted Toppings
- Fiesta Corn and Black Bean Salad
- Fresh Fruit

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

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

Hot Sandwiches!

Monday- No School!

Tuesday- No School!

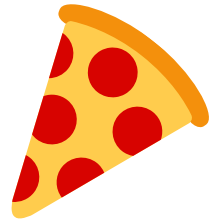
Wednesday- Grilled Cheese w/ Tomato and Soup

Thursday- Chicken Parm Sub w/ Potato Wedges

Friday- Grilled Pesto Chicken on Pretzel Bun w/ Onion Rings

Served with Assorted Vegetable Salads and Fresh Fruit

Pizza Line:



Monday, 31st - No School!

Tuesday, 1st - No School!

Wednesday, 19th - Meatball Pizza

- Caesar Salad
- Fresh Assorted Fruit

Thursday, 20th - Buffalo Chicken Pizza

- Southwestern Salad
- Fresh Assorted Fruit

Friday, 21st - Mozzarella Stick Pizza

- Veggie Crunchers w/ Hummus
- Fresh Assorted Fruit