



**EATING HEALTHY for ACTIVE LEARNING**  
ANDOVER SCHOOL NUTRITION SERVICES

# High School Breakfast & Lunch Menus

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Or Contact the School Nutrition Office 978-247-5520

## January 7-11th

### 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:

Lets talk Technology!

How many hours a day do you spend looking at your phone, computer and TV? Adolescents who spend more time in front of the TV have higher rates of obesity.

Additionally, adolescents who have access to smaller screens such as tablets and smart phones have been shown to get less sleep. There's nothing worse than waking up and still feeling exhausted!

How many hours do you use technology a day? Perhaps limiting screen time could be a New Year's Resolution!

## Catering:

Having an event? Check out our catering options at our website [andoverschoolnutrition.com](http://andoverschoolnutrition.com)

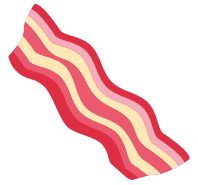
Breakfasts, sandwiches, pizzas, special dinners are just a few of the options we can provide. We also do custom orders.

## Breakfast Monday

Variety of Croissant Egg Sandwiches

## Tuesday

Egg Puff Pastry:  
Ham & Cheese  
Broccoli & Cheese  
Sausage Egg & Cheese  
Served w/ Hashbrowns



## Wednesday

Homemade Pancakes!  
Buttermilk, Blueberry or Chocolate  
Chip Syrup  
Served with Fruit



## Thursday

Breakfast Boats!  
Eggs, Cheese, and Potatoes  
Served w/ Sausage or Bacon and  
WW Toast



## 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!**

## Hot Chocolate Bar!

Coming in January!!  
Announcements will be made soon.





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# High School Menu

## January 7th-11th

### Main Entrée:



#### Monday, 7th - Chicken Parmesan

- Breaded Chicken Topped w/ Marinara Sauce and Mozzarella
- WG Spaghetti
- Seasoned Green Beans
- Garlic Breadstick



#### Tuesday, 8th- Roasted Pork Dinner

- Gravy
- Loaded Smashed Potatoes
- Orange Glazed Carrots
- Dinner Roll

#### Wednesday, 9th - Fajita Bowls

- Seasoned Beef or Chicken
- Cilantro Lime Brown Rice
- Toppers include: Sauteed Peppers and Onions, Corn, Black Beans, Salsa, Sour Cream, Cheese



#### Thursday, 10th- Harvest Mac n' Cheese

- Roasted Broccoli
- Garlic Texas Toast
- Assorted Fruit

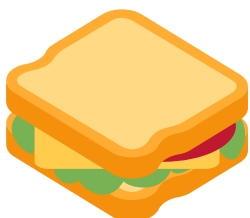


#### Friday, 11th- Breaded Baked Fish

- Served with Tartar Sauce and Lemon Wedge
- Rosemary Potato Wedges
- Seasoned Peas
- Dinner Roll

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

### Grill Line

**Monday-** Chicken or Veggie Quesadilla served w/ Corn Salsa and Sour Cream

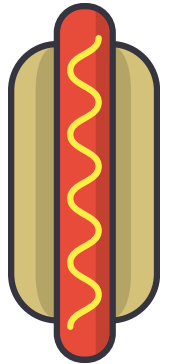
**Tuesday-** Meatball Sub served w/ Broccoli Salad

**Wednesday-** Warm BBQ Chicken Wrap served w/ Coleslaw

**Thursday-** Grilled Reuben served w/ Sweet Potato Fries

**Friday-** Grilled Hot Dogs served w/ Baked Beans

Served with Assorted Vegetable Salads and Fresh Fruit



### Pizza Line:

#### Monday, 7th- Pepperoni Pizza

- Corn and Black Bean Salad
- Fresh Assorted Fruit

#### Tuesday, 8th - Classic Cheese Pizza

- Broccoli Salad
- Fresh Assorted Fruit

#### Wednesday, 9th- Pepper and Onion Pizza

- Veggie Crunchers and Dip
- Fresh Assorted Fruit

#### Thursday, 10th- Hawaiian Pizza

- Tropical Coleslaw
- Fresh Assorted Fruit

#### Friday, 11th- Bacon Pizza

- Baked Beans and Side Salad
- Fresh Assorted Fruit

