



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

February 4th- February 8th

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:

This Week- February's Harvest of the Month is Butternut Squash!

Butternut squash is an excellent source of vitamin A and potassium. The bright orange color indicates that it is loaded with beta-carotene, which may lower the risk of certain types of cancer and may offer protection against heart disease. It is low in salt, fat, and has few calories.

Add it to recipes like pancakes or mac n' cheese for a fun and delicious twist on the traditional versions!

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.

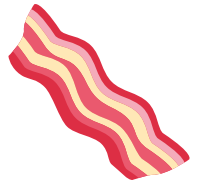
Coming Soon!

Breakfast Monday

Variety of Croissant Egg Sandwiches

Tuesday

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

Hot Chocolate Bar!

Coming in January!!
Announcements will be made soon.





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High School Menu

February 4th-February 8th



Main Entrée:



Monday, 4th - Chicken Pot Pie

- Homemade with a Puff Pastry Crust
- Farmer's Garden Salad
- Chilled Juice
- Fresh Fruit

Tuesday, 5th- Chinese New Year!

- General Tso's Chicken
- Vegetable Lo Mein
- Chinese Stir Fry Vegetables
- Veggie Egg Roll
- Chilled Pineapple
- Fortune Cookie



Wednesday, 6th- American Chop Suey

- Served with Garlic Knots
- Roasted Green Beans
- Fresh Fruit

Thursday, 7th- Chipotle Bar!

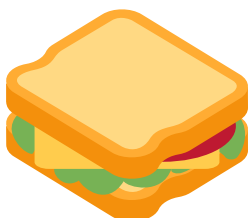
- Pork, Chicken, or Veggie
- Cilantro Lime Brown Rice
- Black Beans and Chipotle Corn
- Corn Bread
- Fresh Fruit

Friday, 8th- Oven Baked Crispy Fish

- Served with Onion Rings
- Honey Glazed Carrots
- Creamy Coleslaw
- Dinner Roll
- 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

Warrior's Choice

Monday- Twin Grilled Hot Dog on Roll served w/ Oven Baked Veggie Beans and Veggie Crunchers with Ranch Dip

Tuesday- Ham and Cheese Panini served w/ Macaroni Salad and Creamy Coleslaw

Wednesday- Chicken or Veggie Gyro served w/ Sweet Potato Fries, Greek Salad and Rice Pudding

Thursday- Crispy Buffalo or Plain Crispy Chicken Deluxe Sandwich served w/ Broccoli Salad and Chips

Friday- BBQ Pulled Pork Sandwich served w/ Tangy Coleslaw and Three Bean Salad

Served with Assorted Fresh Fruit, Vegetables, and Fat-Free or 1% Milk

Pizza Line:

Monday, 4th- Pepperoni Pizza

- Farmer's Garden Salad
- Fresh Assorted Fruit

Tuesday, 5th - Bacon Pizza

- Southwestern Salad
- Fresh Assorted Fruit

Wednesday, 6th- Veggie Lovers

- Greek Salad
- Fresh Assorted Fruit

Thursday, 7th- BBQ Chicken

- Broccoli Salad
- Fresh Assorted Fruit

Friday, 8th- Margherita

- Veggie Crunchers and Hummus
- Fresh Assorted Fruit

