

# DECEMBER 2014 ELEMENTARY & MIDDLE SCHOOLS MENU

Gail Koutroubas, Director

## Elementary Prices

Breakfast \$1.75

Lunch \$2.60

**Happy Holidays**

## Middle School Prices

Breakfast \$2.00

Lunch \$2.85

All meals come with veggies,  
fresh fruit & choice of skim or  
1% milk.

Individual milk = \$ .85

Our cafeterias operate on a  
prepayment system. Pin and ID  
numbers are the same as last  
year. Visit our NEW page link at  
[www.andoverschoolnutrition.com](http://www.andoverschoolnutrition.com)

and sign up for menus to be  
emailed to your family.

Check out information on Meal  
Magic, Nutritional Links, Free  
and Reduced Applications, and  
[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) or  
contact [gkoutroubas@aps1.net](mailto:gkoutroubas@aps1.net) or  
978-623-8623.

GF= Gluten Free








WARM BAGEL OR PRETZEL WITH YOGURT  
PARFAIT, FRESH FRUIT, VEGGIES & MILK - TUESDAYS  
& THURSDAYS AT ALL SCHOOLS




SOUPS AVAILABLE TUESDAYS AND  
THURSDAYS AT MIDDLE SCHOOLS



BREAKFAST IS SERVED ½ HOUR PRIOR TO THE START OF THE SCHOOL DAY  
COME IN FROM THE COLD \* DAILY BREAKFAST SPECIALS

Monday Breakfast	Tuesday Breakfast	Wed. Breakfast	Thurs. Breakfast	Friday Breakfast
Warm breakfast sandwich, cereal, or bagel with light cream cheese served with fresh fruit or juice & milk	4 ounce yogurt with a bagel or whole grain muffin, or assorted cereals served with fresh fruit or juice & milk	Egg & cheese burrito, cereal, or yogurt parfait & granola served with fresh fruit or juice & milk	French toast sticks & syrup, cereal, or bagel with light cream cheese served with fresh fruit or juice & milk	Assorted cereals or manager's choice served with fresh fruit or juice & milk
				

LUNCHES SERVED WITH FRUIT & MILK

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<b>Choice of 1</b> *Orange chicken *Grilled cheese <b>Served with</b> *Fried rice *Veggie stir fry *Pineapple tidbits *Fortune cookie	<b>Choice of 1</b> *Baked French toast, warm apples & bacon *Pastrami sandwich *Garden greens topped with egg salad <b>Served with</b> *Cinnamon sweet potatoes *Side garden salad	<b>Choice of 1</b> *Bosco or mozzarella sticks with marinara sauce *Taco salad *Salami sandwich <b>Served with</b> *Roasted kale chips *Jell-O	<b>Choice of 1</b> *Flatbread cheese pizza *Ham & cheese on flatbread <b>Served with</b> *Farmer's garden salad *Fruit & veggie bar	<b>EARLY RELEASE DAY</b> Breakfast will be served.  Grab & Go lunches available from 7-9am






**WE TAKE THE  
WORK OUT OF  
PREPARING  
HOLIDAY  
CLASSROOM  
PARTIES!**

**Please provide your  
café manager with 3  
day notice.**

**\*Breakfast event** - bagel, light  
cream cheese, & juice - \$1.25  
per student

**\*Snack** - Popcorn, small water &  
a cookie - \$1.25 per student  
*Veggies & dip or a fruit cup may  
be added to either selection for  
an additional \$ .50 per student.*



MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<p><b>Choice of 1</b> *Fish nuggets with lemon wedge &amp; dinner roll *Corn dog <b>(GF hotdog avail.)</b> *Grilled chicken Caesar salad *Turkey salad pack <b>Served with</b> * Baked veggie beans *Honey carrots</p>	<p><b>Choice of 1</b> *Chicken tenders &amp; dinner roll *Italian sub *Garden salad topped with tuna <b>Served with</b> *Whole kernel corn *Cranberry sauce *Mashed butternut squash with cinnamon</p>	<p><b>Choice of 1</b> *Ravioli &amp; dinner roll <b>(GF mac &amp; cheese)</b> *Blazing chicken filet sandwich *Garden salad topped with turkey &amp; croutons <b>Served with</b> *Green beans, sunflower seeds &amp; cranberry salad *Fruit &amp; veggie bar</p>	<p><b>Choice of 1</b> *Chicken or beef tacos *S.W. chicken or spicy chicken wrap *Caesar salad served with cheese or yogurt <b>Served with</b> *Fiesta corn &amp; black bean salad *Spanish rice</p>	<p><b>PIZZA SPECIALS</b> <b>(GF pizza also avail.)</b> <b>Served with</b> *Cheesy kale bake *3 bean salad *Fruit &amp; veggie bar</p> 
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<p><b>Choice of 1</b> *Pancakes or waffles, strawberries with whipped cream &amp; sausage links *Mediterranean salad *Ham &amp; cheese melt <b>Served with</b> *Harvest home fries *Fruit &amp; veggie bar</p>	<p><b>Choice of 1</b> *Oven BBQ chicken *Grilled cheese *Tuna BLT <b>Served with</b> *Veg. crunchers &amp; hummus *Butternut squash</p> 	<p><b>Choice of 1</b> *American chop suey *Deluxe hamburger or veggie burger *Mediterranean salad <b>Served with</b> *Broccoli &amp; carrot sticks &amp; ranch dip *Three bean salad</p>	<p><b>Choice of 1</b> *Turkey potpie *Mini meatball sub <b>Served with</b> *Honey carrots *Whipped potatoes</p> 	<p><b>Choice of 1</b> <b>PIZZA SPECIALS</b> <b>(GF pizza also avail.)</b> *Deluxe tuna pocket <b>Served with</b> *Romaine &amp; spinach salad *Veg. sticks &amp; hummus</p>
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<p><b>Choice of 1</b> *Crispy chicken tender basket *Crunchy fish nugget basket <b>Served with</b> *Smiley fries *Cucumber sticks</p>	<p><b>Manager's Choice HOLIDAY SURPRISES!</b></p>		<p><b>HAPPY HOLIDAYS</b></p> 