

DECEMBER 2014 SHAWSHEEN MENU

Gail Koutroubas, Director

Elementary Prices

Breakfast \$1.75

Lunch \$2.60

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
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

or contact

gkoutroubas@aps1.net or

978-623-8623.

SANDWICHES SERVED WITH MILK, VEGGIES & FRUIT

Monday - Grilled cheese sandwich

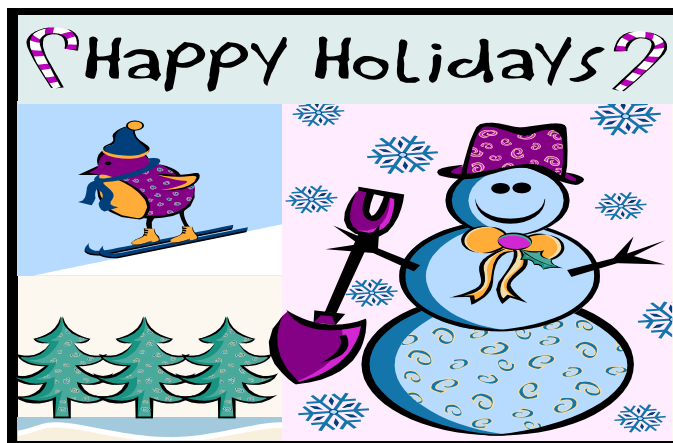
Tuesday - Chicken Caesar wrap

Wednesday - Grilled cheese sandwich

Thursday - Roast turkey wrap

Friday - Assorted sandwich selection

Available Daily - Bagel with yogurt parfait
topped with fruit & granola



BREAKFAST SELECTIONS

Served with

*100% juice

*Fresh fruit

*Skim or 1% white milk



Monday - Homemade blueberry or
apple muffin

Tuesday - Breakfast sandwich with
egg and cheese or sausage and cheese

Wednesday - Warm bagel with yogurt





Thursday - Whole grain French toast
sticks or pancakes

Friday - Homemade blueberry or apple
muffin

Cereal varieties available daily

**BREAKFAST IS SERVED
½ HOUR PRIOR TO THE START
OF THE SCHOOL DAY**

*****Lunch served with milk*****

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<p>Choice of 1</p> <ul style="list-style-type: none"> *Orange chicken *Grilled cheese <p>Served with</p> <ul style="list-style-type: none"> *Fried rice *Veggie stir fry *Pineapple tidbits *Fortune cookie 	<p>Baked French toast, warm apples & bacon</p> <p>Served with</p> <ul style="list-style-type: none"> *Cinnamon sweet potatoes *Side garden salad *Fruit & veggie bar 	<p>Choice of 1</p> <ul style="list-style-type: none"> *Bosco or mozzarella sticks with marinara sauce *Salami sandwich <p>Served with</p> <ul style="list-style-type: none"> *Roasted kale chips *Jell-O 	<p>Flatbread cheese pizza</p> <p>Served with</p> <ul style="list-style-type: none"> *Farmer's garden salad *Fruit & veggie bar 	<p>EARLY RELEASE DAY</p> <p>Breakfast will be served.</p>  <p>Grab & Go lunches available from 7-9am</p>

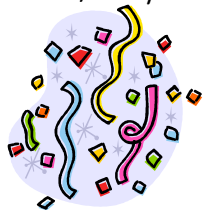








**WE TAKE THE
WORK OUT OF
PREPARING
HOLIDAY
CLASSROOM
PARTIES!**

**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
Corn dog Served with * Baked beans *Honey carrots *Fruit & veggie bar 	Chicken tenders & dinner roll Served with *Whole kernel corn *Cranberry sauce *Mashed butternut squash with cinnamon *Fruit & veggie bar	Ravioli & dinner roll Served with *Green beans, sunflower seeds & cranberry salad *Fruit & veggie bar	Chicken or beef tacos Served with *Fiesta corn & black bean salad *Spanish rice *Fruit & veggie bar	PIZZA Served with *3 bean salad *Fruit & veggie bar 
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Choice of 1 *Pancakes or waffles, strawberries with whipped cream & sausage links *Ham & cheese melt Served with *Harvest home fries *Fruit & veggie bar	Crispy chicken drumsticks Served with *Veg. crunchers & hummus *Fruit & veggie bar 	American chop suey Served with *Broccoli & carrot sticks with ranch dip *Fruit & veggie bar 	Choice of 1 *Turkey potpie with roll *Mini meatball sub Served with *Honey carrots *Whipped potatoes 	Choice of 1 *Pizza *Deluxe tuna pocket Served with *Romaine & spinach salad *Veg. sticks & hummus *Fruit & veggies
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Choice of 1 *Crispy chicken tender basket *Crunchy fish nugget basket Served with *Smiley fries *Cucumber sticks	Manager's Choice HOLIDAY SURPRISES! 	HAPPY HOLIDAYS 