

# FEBRUARY 2015 SHAWSHEEN MENU

Gail Koutroubas, Director

## Elementary Prices

Breakfast \$1.75

Lunch \$2.60

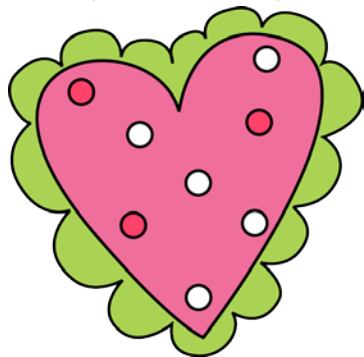
All meals come with veggies,  
fresh fruit & choice of skim or  
1% milk.

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](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.



## 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**

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

Monday, Wednesday & Friday - Deluxe grilled cheese offered

## \*\*\*\*\*Lunch Menu\*\*\*\*\*

**MONDAY 2**

**Choice of 1**

\*Groundhog Day-  
hotdog on roll

\*Crunchy nacho  
fish tenders &  
peach salsa

**Served with**

\*Baked veg. beans

\*Honey carrots

\*Groundhog dirt  
pudding



**TUESDAY 3**

Chicken tenders &  
dinner roll

**Served with**

\*Whole kernel corn

\*Cranberry sauce

\*Mashed sweet  
potatoes

\*Fruit & veggie bar



**WEDNESDAY 4**

Pasta with meat or  
marinara sauce

**Served with**

\*Garlic bread

\*Green beans,  
cranberries &  
sunflower seeds

\*Fruit & veggie  
bar



**THURSDAY 5**

**Choice of 1**

\*Taco Bar - beef,  
chicken or veggie

\*Chicken Caesar  
wrap

**Served with**

\*Spanish rice

\*Fiesta corn &  
black bean salad

\*Fruit & veggie  
bar



**FRIDAY 6**



Served with  
\*Tasty green  
bean toss

\*Sliced tomatoes  
& basil

\*Fruit & veggie  
bar



## EAT TO LEARN. LEARN TO EAT.

Sign up at  
[www.andoverschoolnutrition.com](http://www.andoverschoolnutrition.com)  
to have menus emailed to  
you each month!  
For more information,  
contact us at  
978-623-8623 or  
[gkoutroubas@aps1.net](mailto:gkoutroubas@aps1.net)












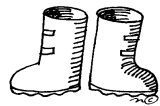
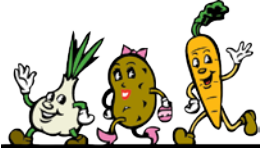





Checks may be payable to  
Andover Food Service

## Nutrition for Students is Fun!

Visit our website at  
[www.aps1.net](http://www.aps1.net) and click on

the apple  to get to  
our webpage. Check out  
the **Nutrition Education**  
tab for links to fun  
activities and to test  
your skills with fun  
nutrition and fitness  
games.

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Mini pancakes & sausage links <b>Served with</b> *Harvest home fries *Strawberries & whipped cream *Fruit & veggie bar 	<b>Choice of 1</b> *Turkey potpie with puff pastry *Salami & cheese wrap with goldfish <b>Served with</b> *Smashed red bliss *Mediterranean salad *Fruit & veggie bar	Mini burger sliders <b>Served with</b> *Broccoli & carrots with ranch dip *Chickpea salad *Fruit & veggie bar 	<b>Choice of 1</b> *Sandwich special *Chicken scampi <b>Served with</b> *Side Caesar salad *Fruit & veggie bar 	<b>Pan pizza</b> <b>Served with</b> *Green bean toss *Colorful marinated veggies *Romaine & spinach salad *Fruit 
<div>   <b>HAPPY VACATION</b>   </div> <div>     </div>				
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 29
<b>Choice of 1</b> *Deluxe fish nuggets basket *Crispy Chicken sandwich <b>Served with</b> *Sweet potato salad *Creamy cole slaw *Fruit & veggie bar 	Meatball sub <b>Served with</b> *Spinach salad *Red beans & rice *Fruit & veggie bar 	Homemade macaroni & cheese with dinner roll <b>Served with</b> *Tomato & fresh basil salad *Fruit & veggie bar 	<b>Choice of 1</b> *Roasted chicken with fresh herbs & dinner roll *All American sub <b>Served with</b> *Roasted cinnamon butternut squash *Green beans *Fruit & veggie bar	 <b>Served with</b> *Farmer's garden salad *Fruit & veggie bar