

# FEBRUARY 2015 ELEMENTARY & MIDDLE SCHOOLS MENU

Gail Koutroubas, Director

## Elementary Prices

Breakfast \$1.75

Lunch \$2.60

## 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.

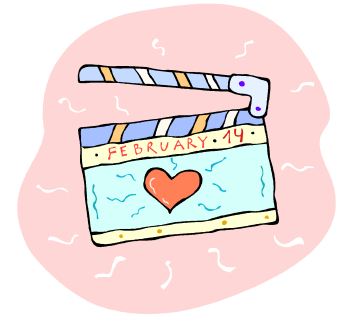
GF= Gluten Free








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
				

## \*\*\*\*\*Lunch Menu\*\*\*\*\* SALAD SPECIALS AVAILABLE DAILY\*\*\*\*\*

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Groundhog Day-hotdog or corn dog</li> <li>*Crunchy nacho fish tenders &amp; peach salsa</li> </ul> <p><i>Additional Middle School offering - Meatball sub</i></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Baked veg. beans</li> <li>*Honey carrots</li> <li>*Groundhog dirt pudding</li> </ul>	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Chicken tenders &amp; dinner roll</li> <li>*Garden salad with tuna</li> <li>*Italian sub</li> </ul> <p>*Bagel, yogurt parfait &amp; fruit</p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Whole kernel corn</li> <li>*Cranberry sauce</li> <li>*Mashed sweet potatoes</li> <li>*Fruit &amp; veggie bar</li> </ul>	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Pasta with meat or marinara sauce (GF avail.)</li> <li>*Salad topped with turkey &amp; croutons</li> </ul> <p><i>Additional Middle School offering - Blazing chicken filet sandwich</i></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Garlic bread</li> <li>*Green beans, cranberries &amp; sunflower seeds</li> <li>*Fruit &amp; veggie bar</li> </ul>	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Taco Bar - beef, chicken or veggie</li> <li>*Caesar salad, fruit, pita &amp; yogurt</li> </ul> <p><i>Additional Middle School offering - Steak &amp; cheese on flat bread</i></p> <p><i>Additional Elementary School offering - Southwest chicken wrap</i></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Spanish rice</li> <li>*Fiesta corn &amp; black bean salad</li> <li>*Fruit &amp; veggie bar</li> </ul>	<p><b>Pan pizza -</b> HP/WH, Bancroft, WEL, South &amp; Sanborn</p> <p><b>Papa Gino's pizza -</b> WMS, DMS &amp; Shawsheen (GF pizza avail.)</p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Tasty green bean toss</li> <li>*Sliced tomatoes &amp; basil</li> <li>*Fruit &amp; veggie bar</li> </ul>
				



# 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  
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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
<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Egg &amp; cheese on croissant</li> <li>*Salad topped with crispy chicken</li> <li>*Ham &amp; cheese wrap</li> </ul> <p><i>Additional Middle School offering - Chicken &amp; mozzarella on focaccia</i></p> <p><i>Additional Elementary School offering - Mini pancakes &amp; sausage links</i></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Harvest home fries</li> <li>*Strawberries &amp; whipped cream</li> </ul>	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Turkey potpie with puff pastry</li> <li>*Salami &amp; cheese wrap with goldfish</li> <li>*Garden salad topped with tuna or string cheese</li> <li>*Bagel, yogurt parfait, veg. &amp; fruit</li> </ul> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Smashed red bliss</li> <li>*Mediterranean salad</li> <li>*Fruit &amp; veggie bar</li> </ul>	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Ravioli, meatball &amp; chicken parmesan sampler</li> <li>*Grilled cheese</li> <li>*Bagel with cheese, veggies &amp; fruit</li> </ul> <p><i>Additional Middle School offering - Deluxe pub burger</i></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Broccoli &amp; carrots with ranch dip</li> <li>*Southwestern salad</li> <li>*Chickpea salad</li> <li>*Fruit &amp; veggie bar</li> </ul>	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Rib a q sandwich &amp; baked beans</li> <li>*Chicken scampi</li> <li>*Caesar salad &amp; cheese stick</li> <li>*Bagel with cheese, veggies &amp; fruit</li> </ul> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Side Caesar salad</li> <li>*Fruit &amp; veggie bar</li> </ul> 	<p><b>Pan pizza - HP/WH, DMS, WEL, Shawsheen &amp; Sanborn</b></p> <p><b>Papa Gino's pizza - Bancroft, South &amp; West Middle (GF pizza avail.)</b></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Green bean toss</li> <li>*Colorful marinated veggies</li> <li>*Romaine &amp; spinach salad</li> <li>*Fruit</li> </ul> 
 <h2 style="color: magenta;">HAPPY VACATION</h2> 				
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 29
<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Mini burger sliders (GF avail.)</li> <li>*Deluxe fish nuggets basket</li> <li>*Crispy Chicken sandwich</li> </ul> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Sweet potato salad</li> <li>*Creamy cole slaw</li> <li>*Fruit &amp; veggie bar</li> </ul> 	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Sloppy Farmer Joe's sandwich</li> <li>*Bagel with cheese, veggies &amp; fruit</li> </ul> <p><i>Additional Middle School offering - Chicken fajita served over rice</i></p> <p><i>Additional Elementary School offering - Grilled cheese</i></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Spinach salad</li> <li>*Red beans &amp; rice</li> <li>*Fruit &amp; veggie bar</li> </ul>	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Homemade mac &amp; cheese with dinner roll (GF avail.)</li> <li>*Chicken Caesar wrap</li> </ul> <p><i>Additional Middle School offering - Meatball sub with Caesar salad</i></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Tomato &amp; fresh basil salad</li> <li>*Fruit &amp; veggie bar</li> </ul> 	<p><b>Choice of 1</b></p> <ul style="list-style-type: none"> <li>*Roasted chicken with fresh herbs &amp; dinner roll</li> <li>*Fruit &amp; warm cheesy breadstick</li> <li>*All American sub</li> </ul> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Roasted cinnamon butternut squash</li> <li>*Green beans</li> <li>*Fruit &amp; veggie bar</li> </ul>	<p><b>Pan pizza - HP/WH, Bancroft, South &amp; Sanborn</b></p> <p><b>Papa Gino's pizza - WEL, WMS, DMS &amp; Shawsheen (GF pizza avail.)</b></p> <p><b>Meals served with</b></p> <ul style="list-style-type: none"> <li>*Farmer's garden salad</li> <li>*Fruit &amp; veggie bar</li> </ul> 