








A YUMMY SEPTEMBER MENU FOR ANDOVER ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
Aug. 31 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Lean Beef & Eggplant Bolognese, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	1 Baked Fish Cakes, Cauliflower Crunch, Fresh Fruit Cheese Tortellini w/Tomato Sauce, Cauliflower Crunch, Fresh Fruit Cheese Tortellini w/Olive Oil, Cauliflower Crunch, Fresh Fruit Other Selection From Cold Options: _____ _____	2 "Make Your Own Yummy..." Chicken Fajitas, Black Beans, Fresh Fruit "Make Your Own Yummy..." Tofu Fajitas, Black Beans, Fresh Fruit Grilled Cheese, Baked Tater Tots, Fresh Fruit Other Selection From Cold Options: _____ _____	3 Roasted Herbed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit Turkey Po' Boy Sandwich, Sweet Potato Fries, Fresh Fruit Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	4 CIRCLE CHEESE PIZZA 	#1 Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit #2 Turkey & Provolone Wrap, Pretzels, Fresh Fruit #3 Dried Cranberry, Blue Cheese & Pumpkin Seed Salad, Crackers, Fresh Fruit #4 Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit #5 Greek Salad, Pita Bread, Fresh Fruit #6 Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit #7 MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit
7 NO YUMMY LUNCH 	8 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	9 Chicken w/Sauteed Mushroom Sauce, Roll, Roasted Veggies, Fresh Fruit Grilled Chicken Sandwich, Baked Chips, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	10 Lean Beef Meatloaf w/Marinara Sauce, Roasted Sweet Peas, Roll, Fresh Fruit Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit Mac & Cheese, Roasted Sweet Peas, Fresh Fruit Other Selection From Cold Options: _____ _____	11 CIRCLE CHEESE PIZZA 	#1 Turkey & Swiss Sub, Baked Chips, Fruit #2 Grilled Chicken Wrap, Baked Chips, Fruit #3 Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit #4 Southwestern Salad, Tortilla Chips, Fruit #5 Spinach Salad w/Turkey Bacon, Crackers, Fresh Fruit #6 Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit #7 MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>14 Penne w/Tomato Sauce, Roasted Veggies, Fresh Fruit</p> <p>Penne w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>15 Cheese Lasagna, Steamed Edamame, Garlic Bread, Fresh Fruit</p> <p>Pasta w/Olive Oil, Steamed Edamame, Garlic Bread, Fresh Fruit</p> <p>Breakfast for Lunch-- Waffles, Eggs, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>16 Turkey Sloppy Joe's, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Arroz con Pollo, Baked Plantains, Fresh Fruit</p> <p>Grilled Cheese, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>17 Honey Spice Braised Chicken, Baked Tater Tots, Fresh Fruit</p> <p>Honey Braised Chicken Sandwich, Baked Tater Tots, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>18</p> <p style="text-align: center;">CIRCLE</p> <p style="text-align: center;">CHEESE PIZZA</p> 	<p>#1 Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>#2 Low Fat Tuna Salad Sandwich, Baked Chips, Fresh Fruit</p> <p>#3 Grilled Chicken & Swiss Sandwich, Baked Chips, Fresh Fruit</p> <p>#4 Cobb Salad, Crackers, Fresh Fruit</p> <p>#5 Quinoa Salad w/Corn & Black Beans, Fresh Fruit</p> <p>#6 Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit</p> <p>#7 Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p>
<p>21 Pasta w/Low Fat Creamy Garlic Sauce & Chicken, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Low Fat Creamy Garlic Sauce, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>22 Lean Beef Tacos, Rice & Beans, Fresh Fruit</p> <p>Cheese Ravioli w/Tomato Sauce, Roasted Veggies, Fresh Fruit</p> <p>Cheese Ravioli w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>23 Shredded BBQ Turkey Sandwich, Baked Beans, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Roasted Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>24 Baked Fish Sticks, Roasted Veggies, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>25</p> <p style="text-align: center;">CIRCLE</p> <p style="text-align: center;">CHEESE PIZZA</p> 	<p>#1 Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>#2 MILD Buffalo Chicken Wrap, Baked Chips, Fresh Fruit</p> <p>#3 Chicken Mediterranean Salad, Pita Chips, Fresh Fruit</p> <p>#4 Mediterranean Salad, Pita Chips, Fresh Fruit</p> <p>#5 Lentil Quinoa Salad, Fresh Fruit</p> <p>#6 Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>#7 MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>
<p>28 Pasta w/Tomato Sauce, Glazed Carrots, Fresh Fruit</p> <p>Pasta w/Olive Oil, Glazed Carrots, Fresh Fruit</p> <p>Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>29 Tuscan Chicken w/Tuscan Roasted Veggies, Sweet Potato Roll, Fresh Fruit</p> <p>Rigatoni w/Lean Beef & Eggplant Bolognese, Tuscan Roasted Veggies, Fresh Fruit</p> <p>Rigatoni w/Olive Oil, Tuscan Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>30 Turkey Sloppy Joe's, Roasted Potato Wedges, Fresh Fruit</p> <p>Grilled Cheese, Roasted Potato Wedges, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>			<p>#1 Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>#2 Turkey & Provolone Wrap, Pretzels, Fresh Fruit</p> <p>#3 Dried Cranberry, Blue Cheese & Pumpkin Seed Salad, Crackers, Fresh Fruit</p> <p>#4 Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>#5 Greek Salad, Pita Bread, Fresh Fruit</p> <p>#6 Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>#7 MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>