



A YUMMY OCTOBER MENU FOR ANDOVER



Please circle each selection including pizza on Friday. Lunches must be selected and prepaid by Wednesday 6:15 p.m. Only lunches that are prepaid will be ordered and changes to the menu such as adding meals ask for original menu including Pizza only.

Child's Name _____

Child's Teacher _____

Number of lunches ordered _____ X \$4.50 = _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
1 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit Low Fat Penne Alfredo, Roasted Seasonal Veggies, Fresh Fruit Penne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	2 Breakfast for Lunch—French Toast, Eggs, Fresh Fruit Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit Penne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	3 Picadillo, Baked Plantains, Brown Rice, Fresh Fruit Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit Grilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	4 Turkey Meatball Sub, Baked Tater Tots, Fresh Fruit Turkey Meatballs, Baked Tater Tots, Fresh Fruit Veggie Crumble Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh Fruit Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	5 <div style="text-align: center;"> PIZZA ONLY  CIRCLE IF ORDERING </div>	Turkey Sandwich, Veggie Chips, Fresh Fruit Italian Sandwich on Ciabatta, Veggie Chips, Fresh Fruit Cheese Sandwich on Ciabatta, Veggie Chips, Fresh Fruit Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit Turkey Wrap, Veggie Chips, Fresh Fruit Turkey & Provolone Wrap, Veggie Chips, Fresh Fruit Dried Cranberries, Goat Cheese & Pumpkin Seed Salad, Crackers, Fresh Fruit Grilled Chicken, Dried Cranberries, Goat Cheese & Pumpkin Seed Salad, Crackers, Fresh Fruit Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit Greek Salad, Pita Bread, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit
8 Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit Pasta & Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Baked Chicken Nuggets Roasted Seasonal Veggies, Fresh Fruit Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	9 Lean Beef Tacos, Rice & Beans, Fresh Fruit Veggie Crumble Tacos, Rice & Beans, 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: _____ _____	10 Honey Soy Glazed Chicken w/Veggie Fried Rice, Sautéed Veggies, Fresh Fruit Honey Soy Glazed Tofu w/Veggie Fried Rice, Sautéed Veggies, Fresh Fruit Honey Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	11 Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit Veggie Crumble Meatballs w/Tomato 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: _____ _____	12 <div style="text-align: center;"> PIZZA ONLY  CIRCLE IF ORDERING </div>	Turkey Sandwich, Veggie Chips, Fresh Fruit Hummus & Roasted Veggie Sandwich, Veggie Chips, Fresh Fruit Grilled Chicken Sandwich, Veggie Chips, Fresh Fruit Turkey & Swiss Wrap, Veggie Chips, Fresh Fruit Turkey Wrap, Veggie Chips, Fresh Fruit Tuna Salad Sandwich, Veggie Chips, Fresh Fruit Sun Butter & Grape Jelly, Veggie Chips, Fresh Fruit Cobb Salad, Crackers, Fresh Fruit Meatless Cobb Salad, Crackers, Fresh Fruit Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit Bistro Pasta Salad, Fresh Baked Roll, Fresh Fruit Kale & Red Quinoa Salad w/Sesame Dressing, Fresh Fruit Seasonal Beet Salad w/Goat Cheese, Apple Slices & Arugula, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>15 Pasta w/alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/alla Rosa Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>16 Lean Beef & Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit</p> <p>Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit</p> <p>Cheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit</p> <p>Cheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>17 Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Tofu Piccata, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Roasted Seasonal Veggies Fresh Fruit</p> <p>Grilled Cheese, Roasted Rosemary Potatoes, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>18 Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit</p> <p>Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>19</p> <p>PIZZA ONLY</p>  <p>CIRCLE IF ORDERING</p>	<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Turkey & Swiss Sub, Veggie Chips, Fruit</p> <p>Ham & Swiss Sub Sandwich, Veggie Chips, Fresh Fruit</p> <p>Cheese Sandwich, Veggie Chips, Fresh Fruit</p> <p>Grilled Chicken Wrap, Veggie Chips, Fruit</p> <p>Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit</p> <p>Southwestern Salad, Tortilla Chips, Fruit</p> <p>Salad w/Buffalo Chicken & Buttermilk Dressing, Crackers, Fresh Fruit</p> <p>Chickpea Shawarma Salad, Pita Bread, Fresh Fruit</p> <p>Black & Blue Salad, Crackers, Fresh Fruit</p> <p>Grilled Beef Tip Salad, Crackers, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p>
<p>22 Lighter Butternut Squash & Browned Butter Pasta Alfredo w/Chicken, Roasted Veggies, Fresh Fruit</p> <p>Lighter Butternut Squash & Browned Butter Pasta Alfredo, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Sauteed Broccoli & Garlic, Fresh Fruit</p> <p>Baked Quorn Nuggets, Sauteed Broccoli & Garlic, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>23 Cheese Lasagna, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Breakfast for Lunch--Egg & Cheese Muffin, Roasted Potatoes, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>24 Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Lean Beef Sloppy Joe's, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Sauteed Tofu, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>25 Maple Mustard Glazed Sliced Turkey, Roasted Veggies, Roll, Fresh Fruit</p> <p>Maple Mustard Glazed Tofu, Roasted Veggies, Roll, Fresh Fruit</p> <p>Maple Mustard Glazed Turkey Po' Boy, Roasted Veggies, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>26</p> <p>PIZZA ONLY</p>  <p>CIRCLE IF ORDERING</p>	<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Ham & Cheese Sandwich, Veggie Chips, Fresh Fruit</p> <p>Grilled Chicken Wrap, Veggie Chips, Fresh Fruit</p> <p>Farmer's Market Salad, Crackers, Fresh Fruit</p> <p>Farmer's Market Salad w/Chicken, Crackers, Fresh Fruit</p> <p>Grilled Chicken Caesar Salad, Fresh Fruit</p> <p>Caesar Salad, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>
<p>29 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Tomato Sauce, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>30 Chicken Caprese Sandwich, Roasted Veggies, Roll, Fresh Fruit</p> <p>Tofu Caprese, Roasted Veggies, Roll, Fresh Fruit</p> <p>Pasta Primavera, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>31 Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit</p> <p>BBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>			<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Italian Sandwich on Ciabatta, Veggie Chips, Fresh Fruit</p> <p>Cheese Sandwich on Ciabatta, Veggie Chips, Fresh Fruit</p> <p>Turkey Wrap, Veggie Chips, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Veggie Chips, Fresh Fruit</p> <p>Grilled Chicken, Dried Cranberries, Goat Cheese & Pumpkin Seed Salad, Crackers, Fresh Fruit</p> <p>Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>