



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.

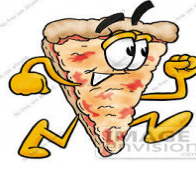
Child's Name _____

Child's Teacher _____

Number of lunches ordered _____ X \$4.50= _____

A YUMMY DECEMBER 2019 MENU ANDOVER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>2 Pasta Genovese (Creamy Garlic Sauce) w/Chicken, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta Genovese, 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>_____</p> <p>_____</p>	<p>3 Turkey & Cheese Enchiladas, Brown Rice & Black Beans, Fresh Fruit</p> <p>Cheese Enchiladas, Brown Rice & Black Beans, Fresh Fruit</p> <p>Pasta w/Tomato Sauce, 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>_____</p> <p>_____</p>	<p>4 Orange Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh Fruit</p> <p>Orange Tofu w/Lo Mein Noodles, Steamed Veggies, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Potato Wedges, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>5 Lean Beef Burger, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Lean Beef Meatballs w/Tomato Sauce, Roasted Seasonal Veggies, Roll, Fresh Fruit</p> <p>Veggie Crumble Meatballs w/Tomato Sauce, Roasted Seasonal Veggies, Roll, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>6</p> <p style="text-align: center;">CHEESE PIZZA ONLY</p> <p style="text-align: center;">CIRCLE</p> <p style="text-align: center;">IF</p> <p style="text-align: center;">ORDERING</p> 	<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Hummus & Roasted Veggie Sandwich, Veggie Chips, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Veggie Chips, Fresh Fruit</p> <p>Turkey & Swiss Wrap, Veggie Chips, Fresh Fruit</p> <p>Turkey Wrap, Veggie Chips, Fresh Fruit</p> <p>Tuna Salad Sandwich, Veggie Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly, Veggies & Hummus, Fresh Fruit</p> <p>Classic Club Sandwich, Veggie Chips, Fresh Fruit</p> <p>Classic BLT Sandwich, Veggie Chips, Fresh Fruit</p> <p>Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit</p> <p>Bistro Pasta Salad, Fresh Baked Roll, Fruit</p> <p>Black & Blue Salad, Crackers, Fresh Fruit</p> <p>Grilled Beef Tip Salad, Crackers, Fresh Fruit</p> <p>Crispy Farm Shaved Brussel Sprouts Salad w/Chicken, Crackers, Fresh Fruit</p> <p>Crispy Farm Shaved Brussel Sprouts 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>9 Chicken Parmesan w/Pasta, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Chicken & Tomato 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>_____</p> <p>_____</p>	<p>10 Pasta w/Turkey Bolognese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Breakfast for Lunch-- Waffles, Eggs, Lyonnaise Potatoes, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>11 Arroz con Pollo, Baked Plantains, Fresh Fruit</p> <p>Braised Chicken, Brown Rice, Baked Plantains, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>12 Korean Beef Bowl w/Rice, Sautéed Veggies, Fresh Fruit</p> <p>Lean Beef Sloppy Joe's, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Veggie Crumble Sloppy Joe's, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>13</p> <p style="text-align: center;">CHEESE PIZZA ONLY</p> <p style="text-align: center;">CIRCLE</p> <p style="text-align: center;">IF</p> <p style="text-align: center;">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>Roast Beef Sandwich, Veggie Chips, Fresh Fruit</p> <p>Roast Beef & Cheddar Sandwich, Veggie Chips, Fresh Fruit</p> <p>Cheese Sandwich, Veggie Chips, Fresh Fruit</p> <p>Grilled Chicken Wrap, Veggie Chips, Fruit</p> <p>Sun Butter & Grape Jelly, Veggies & Hummus, Fresh Fruit</p> <p>Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit</p> <p>Southwestern Salad, Tortilla Chips, Fruit</p> <p>Antipasto Salad, Roll, Fresh Fruit</p> <p>Lighter Waldorf Nut-Free Chicken Salad over a bed of Mixed Greens, Fresh Baked Roll, Fresh Fruit</p> <p>Kale & Red Quinoa Salad w/Sesame Dressing, 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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>16 Low Fat Penne Alfredo w/ Chicken, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Low Fat Penne Alfredo, 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> <hr/> <hr/>	<p>17 Ground Turkey & Cheese Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>18 Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Philly Veggie Crumble Cheese "steak", Roasted Seasonal Veggies, Fresh Fruit</p> <p>French Dip, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>19 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 Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>20</p> <p>CHEESE PIZZA ONLY</p> <p>CIRCLE</p> <p>IF</p> <p>ORDERING</p> 	<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Ham & Cheese Sandwich, Veggie Chips, Fresh Fruit</p> <p>Turmeric Chickpea Salad Sandwich, Veggie Chips, Fresh Fruit</p> <p>Chicken Salad Sandwich, Veggie Chips, Fresh Fruit</p> <p>MILD Buffalo Chicken Wrap, Veggie Chips, Fresh Fruit</p> <p>Grilled Chicken Wrap, Veggie Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly, Veggies & Hummus, Fresh Fruit</p> <p>Asian Chicken & Quinoa Salad, Fresh Fruit</p> <p>Asian Veggie & Quinoa Salad, Fresh Fruit</p> <p>Autumn Spinach Salad w/ Grilled Chicken, Dried Cranberries, Gorgonzolas Cheese, Pumpkin Seeds, Crackers, Fresh Fruit</p> <p>Autumn Spinach Salad, Dried Cranberries, Gorgonzolas Cheese, Pumpkin Seeds, 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, Veg & Hummus, Fruit</p> <p>MYO Cheese Stackers, Veg & Hummus, Fruit</p>
<p>23 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Lean Beef Bolognese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>24</p> <p>NO YUMMY LUNCHES</p> 	<p>25</p> <p>NO YUMMY LUNCHES</p> 	<p>26 Beef Barbacoa over Rice, Mexican Veggie Skillet, Fresh Fruit</p> <p>Vegetarian Barbacoa over Rice, Mexican Veggie Skillet, Fresh Fruit</p> <p>BBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>27</p> <p>CHEESE PIZZA ONLY</p> <p>CIRCLE</p> <p>IF</p> <p>ORDERING</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>Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit</p> <p>Turkey Wrap, Veggie Chips, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Veggie Chips, Fruit</p> <p>Santé Fe Chicken Salad Wrap, Veggie Chips, Fresh Fruit</p> <p>Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Raspberry Vinaigrette, Crackers, Fruit</p> <p>Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Grilled Chicken w/Raspberry Vinaigrette, Crackers, Fresh Fruit</p> <p>Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit</p> <p>Greek Salad, Pita Bread, Fresh Fruit</p> <p>Roasted Butternut Squash Winter Salad w/Kale, Farro & Cranberry Dressing</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, Veg & Hummus, Fruit</p> <p>MYO Cheese Stackers, Veg & Hummus, Fruit</p>
<p>30 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Low Fat Penne Alfredo, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>31</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>Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit</p> <p>Turkey Wrap, Veggie Chips, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Veggie Chips, Fruit</p> <p>Santé Fe Chicken Salad Wrap, Veggie Chips, Fresh Fruit</p> <p>Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Raspberry Vinaigrette, Crackers, Fruit</p> <p>Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Grilled Chicken w/Raspberry Vinaigrette, Crackers, Fruit</p> <p>Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit</p> <p>Greek Salad, Pita Bread, Fresh Fruit</p> <p>Roasted Butternut Squash Winter Salad w/Kale, Farro & Cranberry Dressing</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, Veg & Hummus, Fruit</p> <p>MYO Cheese Stackers, Veg & Hummus, Fruit</p>