


# Andover Public Schools Elementary Lunch Menu


**August  
2009**


MENU IS SUBJECT TO  
CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	3	4	5	6
10	11	12	13	14
17		<p><b>Welcome Back!</b></p>	<p>Chicken Drumstick Biscuit Cheesy Potatoes</p> <p><b>Alternative Entrées</b> Pasta Salad Chicken Wrap</p>	<p>Corn Dog Baked Fries Marinated Vegetable Salad</p> <p>Frozen Treat Day! <b>Alternative Entrées</b> Crispy Chicken Salad PB&amp;J Sandwich</p>
<p>24 Tony Cheese Pizza Golden Corn Garlic Bread Stick</p> <p><b>Alternative Entrées</b> Chef Salad Cheese and Veggie Sandwich</p>	<p>25 Cheese and Bean Quesadilla Spanish Rice Fritos</p> <p><b>Alternative Entrées</b> Garden Vegetable Salad Egg Salad Sandwich</p>	<p>26 Chicken Nuggets Mashed Potatoes with Gravy Wheat Roll, Mixed Vegetables</p> <p><b>Alternative Entrées</b> Taco Salad Turkey Sub</p>	<p>27  Spaghetti with Meat Sauce Broccoli Garlic Bread</p> <p><b>Alternative Entrées</b> Pasta Salad Chicken Wrap</p>	<p>28 <b>Happy August Birthdays!</b> Build Your Own Burger (tomato, cheese, lettuce, pickles) Oven Roasted Potatoes Birthday Cake Day!</p> <p><b>Alternative Entrées</b> Crispy Chicken Salad PB&amp;J Sandwich</p>
<p>31 Cheese Breadsticks w/ Dipping Sauce Pasta Salad with Broccoli</p> <p><b>Alternative Entrées</b> Oriental Chicken Salad Sub Sandwich</p>				

Prepared from Scratch

 Contains Pork


 Vegetarian Entrée

 Harvest of the Month

Elementary \$2.00  
Extra Milk \$0.40  
Extra Juice \$0.40  
Adult \$3.10

Free & Reduced-Meal forms can be obtained from all building offices at any time throughout the school year.

To check the balance in your account or for additional information, contact:  
**Ann Katt, FSD**  
316-733-3653

**Food 4 Thought** 

Did you know your body contains more calcium than any other mineral?

Most of the calcium in your body (99%) is found in your bones. The remaining 1% is in the fluid that surrounds and fills your cells.

Calcium is essential to build strong bones, calcium in your bones is used to keep calcium in your blood. Calcium in your blood is important because it regulates your heartbeat. Dairy foods are the main source of calcium and are a good source of Vitamin D and protein.

Green leafy vegetables, beans, and calcium-fortified 100% juices are also a good source of calcium.

*So, drink milk, eat your green veggies and build strong bones!!*

**NEW**

*Welcome to the Elementary Lunchroom!*

**Fruit & Vegetable Bar**

Fresh vegetables plus fresh and canned fruits are available daily with lunch from the **Fruit & Vegetable Bar**



 Plain & Flavored, 1% Milk offered daily with Lunch