

At a Glance



Andover School Food and Nutrition Services will provide the following, at cost, for food events with 3 day notice.

***Breakfast event** - bagel, light cream cheese, 4 oz juice - \$1.00/student
with fresh cut fruit add \$.40 cents per student

***Snack** -Popcorn, fresh fruit, 4 oz juice/small water & 1 oz cookies - \$1.50 per student

veggies & dip may be substituted for fruit or added on for \$.40 cents per student.



Please call 978-623-8623 for more ideas or custom requests.

Competitive foods must be 1 serving per package, under 200 calories, less than 200 mg of sodium, less than 35 grams of fat, no trans fats, no artificial sweeteners or flavors and less than 14 grams of sugar.

All food items must be prepackaged by a commercial kitchen/store. No homemade goods are permitted in school for general consumption.

Examples of guideline approved snacks:

Keebler animal crackers 1 oz pack

Keebler elf graham 1 oz pack

4oz 100% juice box

Bottled water

Whole grain Goldfish 100 cal. pack

Nature Valley oats & honey granola bar 1.4 oz

Baked Lays .8 oz bag

Simply Chex 1.2 oz bag

Chobani or Oikos nonfat yogurt all flavors max. 6 oz

Prepackaged baby carrots & celery sticks

Prepackaged hummus

Popcorn

J & J whole grain pretzels 2.5 oz