









January 2011



ELEMENTARY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chicken patty on whole wheat bun with lettuce, tomatoes, oven roasted potatoes, fresh orange and milk	4) French toast sticks, light sausage, oven roasted potatoes carrot sticks, apple slices and milk	5) Teriyaki chicken on rice, peas, dinner roll, pineapple chunks and milk	6) Tacos with spicy lean beef or shredded chicken and shredded cheese, lettuce, tomatoes, salsa, fresh apple and milk	7) Assorted healthy pizza with fresh garden salad, fresh apple and milk
10) Grilled cheese on whole wheat bread, chicken noodle soup, carrot sticks, fresh apple and milk	11) Egg, light sausage and cheese on bagel, hash browns, corn, apple slices and milk	12) American chop suey, whole wheat roll, green beans, fresh apple and milk	13) Quesadilla selections with lettuce, tomato, salsa, applesauce and milk	14) Assorted healthy pizza with fresh garden salad, fresh apple and milk
17) Holiday  Martin Luther King Jr. Day	18) No School Professional Day 	19) Meatball sub with cheese, green beans, fresh orange and milk	20) Chicken Caesar wrap, lettuce, tomato, carrot and celery sticks, apple slices and milk	21) Assorted healthy pizza with fresh garden salad, fresh apple and milk
24) Chicken parmesan sandwich on whole wheat roll, fresh garden salad, pear slices and milk	25) Ham and cheese on croissant, oven roasted potatoes carrot sticks, apple slices and milk	26) Chicken dippers with rice, peas, pear slices and milk	27) Tacos with spicy lean beef or shredded chicken and shredded cheese, lettuce, tomatoes, salsa, fresh apple and milk	28) Assorted healthy pizza with fresh garden salad, fresh apple and milk
31) Hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, oven roasted potatoes, fresh orange and milk				

Lunch Alternates

Prepared salad of the day with meat/cheese and whole wheat roll
 *Whole wheat bagel with low-fat Upstate Farms yogurt and cheese
 *Deli turkey sandwich
 *Yogurt, fruit and cereal lunch
 *Lunch Alternate is serve with choice of the main menu sides of the day.

Milk 50¢
 Fresh Fruit 25¢
 Snacks 50¢
 Frozen treats 75¢
 (Wednesday and Thursday only)

Cost of Lunch

Student Lunch \$1.75
 Adult Meal \$3.00
 Adult Premium Pizza Meal On Fridays only \$4.00

Make Checks payable to the:

Town of Hanover

January \$ 33.25
 Half Year (Feb-June) \$150.50

Please write checks for monthly, half year and full year and pay at the cafeteria register.

Free and Reduced Price School Meals

Applications are available by contacting Mike Meagher, Food Service Director and on our website.

Please also refer to our website at www.hanoverschools.org/foodservices for further information

Please note menu is subject to change

* Fresh Fruit Alternates Available Daily*

Alternate Hot Meal Available Daily

Center Elementary
 65 Silver Street
 (781)826-2631

Sylvester Elementary
 495 Hanover Street
 (781) 826-3844

Cedar Elementary School
 265 Cedar Street
 (781)878-7228

