

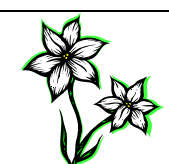


MARCH 2011

ELEMENTARY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Egg and cheese sandwich with sausage, oven roasted potatoes, juice cup, applesauce, and milk	2) Chicken dippers with rice, peas/carrots, dinner roll, pineapple chunks and milk	3) Tacos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, apple slices and milk	4) Assorted healthy pizza with fresh garden salad, fresh apple and milk
7) Hamburger/cheese burger or garden burger on whole grain roll with lettuce, tomatoes, oven roasted potatoes, apple slices and milk	8) Homemade macaroni and cheese, ham sticks, green beans, peaches and milk	9) Grilled cheese on whole wheat bread, warm soup, cooked carrots, apricots and milk	10) Belgium waffles with sausage, oven roasted potatoes, juice cup, applesauce and milk	11) Assorted healthy pizza with fresh garden salad, fresh apple and milk
14) Chicken patty on whole wheat bun with lettuce, tomatoes, oven roasted potatoes, peaches and milk	15) French toast sticks, light sausage, oven roasted potatoes, cooked carrot sticks, applesauce and milk	16) Whole wheat pasta with light meatballs, green beans, pears and milk	17) Tacos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, apple slices, St. Patty Jell-O and milk 	18) Assorted healthy pizza with fresh garden salad, fresh apple and milk
21) Chicken parmesan sandwich on whole wheat roll, fresh garden salad, peaches and milk	22) Hot dogs on buns with baked beans, carrots, apple slices and milk *FULL DAY*	23) Meatball sub with grated cheese, carrot / celery sticks, pears and milk	24) Chili with mozzarella sticks, fresh garden salad, apple slices and milk	25) Assorted healthy pizza with fresh garden salad, fresh apple and milk
28) Quesadillas with lettuce, tomato, salsa, pineapple chunks and milk	29) Homemade casserole with corn, apple slices and milk	30) Chicken Caesar wrap with oven fries, corn, apricots and milk	31) Tacos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, apple slices and milk	

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

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 alternates served with sides of the day.**

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

Cost of Lunch

Student Lunch \$2.00
 Adult Meal \$3.25
 Adult Premium Pizza Meal
 On Fridays only \$4.00

Please 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



Alternate Meals Available Daily