














# NOVEMBER 2010



## ELEMENTARY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Grilled cheese on whole wheat bread, tomato soup, carrot and celery sticks, fresh apple and milk	2) Egg, sausage and cheese on bagel, hash browns, applesauce and milk	3) Meatball sub with cheese, fresh garden salad, mixed fruit and milk	4) Tacos with spicy lean beef or shredded chicken and shredded cheese, lettuce, corn, tomatoes, salsa, fresh apple and milk	5) Assorted healthy pizza with fresh garden salad, fresh apple and milk 
8) Lean hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, corn, fresh apple and milk	9) *Hot Dog Day* Hot dogs on buns with baked beans, mixed fruit and milk	10) Chicken Caesar wrap, lettuce, tomato, carrot and celery sticks, apple slices and milk	11) HOLIDAY Veterans Day 	12) Assorted healthy pizza with fresh garden salad, fresh apple and milk 
15) Teriyaki Chicken with choice of rice, corn, pineapple chunks and milk	16) Turkey Gobbler on assorted breads, carrot and celery sticks, pears and milk	17) Beef stew with crusty roll, fresh garden salad, fresh apple and milk	18) Egg, ham and cheese sandwich, baked oven potato wedges, fresh orange and milk	19) Assorted healthy pizza with fresh garden salad, fresh apple and milk 
22) Honey chicken dippers with choice of rice, green beans, pear slices and milk	23) Assorted healthy pizza with fresh garden salad, fresh apple and milk 	24) No School 	25) HOLIDAY 	26) No School 
29) Pasta-choice of whole wheat pasta served with sauce or seasoned pasta, peas, fresh garden salad, fresh apple and milk	30) Ham and cheese on croissant, 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

November \$ 31.50  
 Full Year (Nov-June) \$246.75

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](http://www.hanoverschools.org/foodservices) for further information

Please note menu is subject to change

\*Fresh fruit alternates 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

\*Alternate Hot Meal\*  
 \*Available Daily\*

