



October 2010



ELEMENTARY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Assorted healthy pizza with fresh garden salad, fresh peach and milk
4) Grilled cheese on wheat bread with tomato soup, green beans, applesauce and milk	5) Cheese quesadilla with lettuce, tomato, fresh apple, and milk	6) Tuna Salad on whole wheat roll with lettuce, tomato, carrot sticks with dip, fresh pear and milk	7) Nachos with choice of spicy lean beef or shredded chicken, and shredded cheese, lettuce, tomatoes, salsa, fresh apple and milk	8) Assorted healthy pizza with fresh garden salad, fresh apple and milk
11) HOLIDAY Columbus Day	12) Professional Day NO SCHOOL 	13) Low-fat meatballs and rotini with choice of red sauce or seasoned sauce, fresh garden salad, pineapple chunks and milk	14) Deli day-choice of lean roast beef, or sliced ham with lettuce, tomatoes, pineapple chunks and milk	15) Assorted healthy pizza with fresh garden salad, fresh pear and milk
18) Teriyaki chicken with rice, sweet corn, fresh pear and milk	19) Ham and cheese on croissant, roasted potatoes, fresh apple and milk	20) All natural white chicken parmesan patty over pasta, fresh garden salad, fresh peach and milk	21) Chicken Caesar wrap with baked carrot fries, fresh apple and milk	22) Assorted healthy pizza with fresh garden salad, pineapple chunks and milk
25) Lean hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, fresh apple and milk	26) Meatball Sub, cheese, green beans, fresh pear and milk	27) Baked all natural white chicken patty with rice, fresh garden salad, pineapple chunks and milk	28) Tacos with choice of spicy lean beef or shredded chicken, with shredded cheese, lettuce, tomatoes, salsa, applesauce and milk	29) Assorted healthy pizza with fresh garden salad, fresh apple 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

October \$ 33.25
 Half year (Oct-Jan) \$127.75
 Full Year (Oct-June) \$278.25

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

Alternate Hot Meal Available Daily

Please note menu is subject to change

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



“Nothing is particularly hard if you dividε it into small jobs.”