














October 2010



Hanover High School
287 Cedar Street
(781)878-5450

Breakfast available 7:00am to 7:20am

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 

Students \$1.50
Adults \$2.00
 Juice, milk, coffee, choice of assorted bagels or low-fat muffins, fresh fruit and low-fat Upstate Farms yogurt

Lunch Alternates:
 *Low-fat Upstate Farms yogurt parfait cup with fruit and granola
 *Prepared salad of the day with meat/cheese and whole wheat roll
 *All natural white meat chicken patty sandwich
 *Deli turkey sandwich
 *Whole wheat bagel lunch with fruit and protein
 *Additional alternatives available daily
 Salad Bar also available daily

***Lunch Alternate is served with choice of the main menu sides of the day.**
Milk 50¢
Frozen Treats 75¢
Fresh Fruit 50¢
Snacks \$1.00

Cost of Students Lunch
 Student Lunch **\$2.00**
 Premium Lunch **\$3.50**
 Premium Lunch with extra milk **\$4.00**
 Premium Pizza (Fridays) **\$3.00**

Cost of Adult Lunch
 Adult Meal **\$3.00**
 All Adult Premium Lunches **\$4.00**

Make Checks payable to the: Town of Hanover
 October **\$ 38.00**
 Half year (Oct-Jan) **\$146.00**
 Full Year (Oct-June) **\$310.00**
 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

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

