

MARCH 2011

Hanover Middle School
45 Whiting Street
(781) 871-1122

Breakfast available 7:00am to 7:45am

Students *Special* \$1.00
Adults \$2.00

Juice, milk, 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

***Lunch alternates are served with sides of the day.**



Milk 50¢
Frozen treats 75¢
Fruit 25¢
Side salad 25¢
Snacks \$1.00

Cost of Students Lunch

Student Lunch \$2.25
Premium Lunch \$3.50
Premium Lunch with extra milk \$4.00
Premium Pizza (Fridays) \$3.00

Cost of Adult Lunch

Adult Meal \$3.25
All Adult Premium Lunches \$4.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Warm croissant choice, oven roasted potatoes, applesauce and milk	2) Hot dogs on buns with baked beans / corn, mixed fruit and milk	3) Nachos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, pears and milk	4) Assorted healthy pizza with fresh garden salad, fresh apple and milk
7) Chicken dippers with rice, peas/carrots, dinner roll, warm fruit crisp and milk	8) Belgium waffles with sausage, oven roasted potatoes, applesauce and milk	9) Grilled cheese on whole wheat bread, warm soup, carrot / celery sticks, warm fruit crisp and milk	10) Homemade chicken, broccoli and ziti with fresh garden salad, peaches and milk	11) Assorted healthy pizza with fresh garden salad, fresh apple and milk
14) Chicken patty with lettuce, tomatoes, oven roasted potatoes, peaches and milk	15) French toast sticks, light sausage, oven roasted potatoes, carrot sticks, applesauce and milk	16) Pasta with sauce and light meatballs, fresh garden salad, peaches and milk	17) Nachos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, pears, St. Patty Jell-O and milk	18) Assorted healthy pizza with fresh garden salad, fresh apple and milk
21) Chicken parmesan sandwich, fresh garden salad, peaches and milk	22) Quesadillas with lettuce, tomato, salsa, pears and milk	23) Homemade macaroni and cheese, ham sticks, green beans, apple slices and milk	24) Chili with mozzarella sticks, fresh garden salad, pears and milk	25) Assorted healthy pizza with fresh garden salad, fresh apple and milk
28) Meatball sub with grated cheese, green beans, mixed fruit and milk	29) Baked chicken with mashed potatoes, corn, cranberry sauce, mixed fruit and milk	30) Pasta with meat sauce, salad, dinner roll, apple slices, and milk	31) Nachos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, pears and milk	

Alternate Meals Available Daily

Assorted Breads Available



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