



NOVEMBER 2010



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

Breakfast available 7:15am 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 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:

November \$36.00
 Full Year (Nov-June) \$282.00

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

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			



Alternate Hot Meals Available Daily

****Fresh Fruit Alternates Available Daily***