



SEPTEMBER 2010



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1)	2) Ham and cheese on croissant, green beans, fresh apple and milk	3) Assorted healthy pizza with fresh garden salad, fresh peach and milk
6) HOLIDAY LABOR DAY	7) Grilled chicken Caesar salad with whole wheat roll, fresh apple and milk	8) Low-fat meatballs and rotini with choice of red sauce or seasoned sauce, fresh garden salad, pineapple chunks and milk	9) Nachos with choice of spicy lean beef or shredded chicken, and shredded cheese, lettuce, tomatoes, salsa, fresh apple and milk	10) Assorted healthy pizza with fresh garden salad, fresh apple and milk
13) Lean hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, fresh apple and milk	14) Seasoned pasta with peas and low fat mozzarella cheese stick, fresh garden salad, fresh orange and milk	15) Lean roast beef on fresh roll with lettuce, tomatoes, oven baked sweet potato wedges, fresh pear and milk	16) Grilled cheese on wheat bread with tomato soup, carrot sticks with dip, applesauce and milk	17) Assorted healthy pizza with fresh garden salad, fresh pear and milk
20) Teriyaki chicken with rice, sweet corn, fresh pear and milk	21) Chef salad with pita pocket, fresh orange and milk	22) Lean turkey chili, baked soft pretzel, carrot and celery sticks, fresh apple and milk	23) All natural white chicken parmesan patty over pasta, fresh garden salad, fresh peach and milk	24) Assorted healthy pizza with fresh garden salad, pineapple chunks and milk
27) Lean meatballs and sauce on whole wheat sub roll, fresh garden salad, fresh peach and milk	28) Chicken Caesar wrap with baked carrot fries, fresh apple and milk	29) Deli day-choice of lean roast beef, sliced ham or all natural white chicken patty wrap with lettuce, tomatoes, pineapple chunks and milk	30) Tacos with choice of spicy lean beef or shredded chicken, with shredded cheese, lettuce, tomatoes, salsa, applesauce and milk	

Breakfast available 7:15am to 7:45am

Students \$1.50
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

***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 Lunch

Student Lunch **\$2.00**
Adult Meal **\$3.00**

Premium Pizza Meal on Fridays

Students **\$3.00**
Adult **\$4.00**

Make Checks payable to the:

Town of Hanover

September **\$ 40.00**
Half year (Oct-Jan) **\$146.00**
Full Year (Oct-June) **\$318.00**

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/foodserves
for further information

Please note menu is subject to change

WELCOME BACK!
WE HOPE YOU HAD A FUN AND SAFE SUMMER!

