



# SEPTEMBER 2011



## ELEMENTARY SCHOOLS

### Lunch Alternates

- \*Prepared salad of the day with meat/cheese and variety of bread
- \*Whole wheat bagel with low-fat Stonyfield yogurt and cheese
- \*Assorted hot and cold sandwiches
- \* Stonyfield Yogurt, fruit and cereal lunch

\*Lunch Alternate is served with choice of the main menu sides of the day.

- Milk 50¢
- Fresh Fruit 25¢
- Snacks 50¢
- Frozen treats 75¢

### Cost of Lunch

- Student Lunch \$2.25
- Adult Meal \$3.50
- Adult Premium Pizza Meal \$4.50

Make Checks payable to the:  
**Town of Hanover**  
Please pay at the cafeteria register.

- September \$ 42.75
- October \$ 42.75
- November \$ 40.50
- December \$ 36.00
- September-December \$162.00
- Full Year \$405.00

Please note menu is subject to change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1)	2)
5) <b>HOLIDAY</b>  <b>LABOR DAY</b>	6) All natural chicken nuggets with rice pilaf, side Caesar salad ,fresh apple and milk	7) Warm ham and cheese bagel, hash brown potato, cinnamon applesauce and milk	8) Cheese quesadillas with salsa, southwestern roasted potatoes, sliced kiwi and milk	9) Pizza with garden salad, fruit and milk 
12) Hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, pickles, oven baked fries, orange smiles and milk	13) Cheese filled pizza sticks with marinara, pasta and vegetable salad, mixed fruit and milk	14) Chicken Caesar wrap, carrot & celery sticks with low fat ranch dip, mini pretzels, fresh watermelon and milk	15) Tacos with spicy lean beef or shredded chicken with shredded cheese, lettuce, tomatoes, salsa, fiesta rice, fruit and milk	16) Pizza with tossed salad, fruit and milk 
19) All natural chicken patty on a whole wheat roll, sweet potato fries, cherry tomato cups, sliced pears and milk	20)Whole grain French toast sticks with syrup, baked sausage links, farm fresh fruit, 100% juice cup and milk	21) Curly pasta with meatballs, marinated green beans, garlic bread, assorted fruit and milk	22) Build your own turkey breast sub with lettuce, tomato, and pickles, fresh vegetable tray with low-fat dip, goldfish pretzels, sliced peaches and milk	23) Pizza, Popeye salad with mandarin oranges, fresh golden apple and milk 
26) Kayem light hot dog on a roll with baked potato wedges, mixed fruit and milk	27) Egg McHanover – sausage, egg and cheese on a English muffin, cucumber wheels with dip, fresh banana and milk	28) Rice Bowls-teriyaki chicken with brown rice, oriental vegetables, pineapple tidbits, wheat roll and milk	29) Homemade Chili with shredded cheddar cheese, apple coleslaw, cornbread, pears and milk	30) Pizza with Caesar salad, chilled fruit and milk 

**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

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

**Lynn Petrowski, Food Service Director**  
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Please also refer to our website at [www.hanoverschools.org/foodserves](http://www.hanoverschools.org/foodserves) for further information including Free and Reduced Meal Benefit Application