



SEPTEMBER 2011



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

Breakfast available 7:00am to 7:20am

Students* Special* \$1.25

Adults \$2.00

Juice, milk, coffee, choice of assorted bagels or low-fat muffins, fresh fruit and low-fat yogurt

Lunch Alternates:

*Low-fat Stonyfield yogurt lunch
Prepared salads with meat, cheese and variety of bread

Assorted hot sandwiches-varies daily
Assorted cold sandwiches & subs-varies daily

*Whole grain 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	\$1.00
Fresh Fruit	50¢
Snacks	\$1.00

Cost of Lunch

Student Lunch	\$2.50
Premium Lunch	\$3.50
Premium Lunch with extra milk	\$4.00
Premium Pizza (Fridays)	\$3.50
Adult Meal	\$3.50
All Adult Premium Lunches	\$4.50










Make Checks payable to the:

Town of Hanover

Please pay at the cafeteria register.

September	\$ 47.50
October	\$ 47.50
November	\$ 45.00
December	\$ 40.00
September-December	\$180.00
Full Year	\$440.00

Please note menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME BACK WE HOPE YOU HAD A FUN AND SAFE SUMMER!</p>			<p>1)</p> 	<p>2)</p> 
<p>5) HOLIDAY</p>  <p>LABOR DAY</p>	<p>6) All natural chicken tenders, rice pilaf, side Caesar salad ,fresh apple and milk</p>	<p>7) Cheese filled pizza sticks with marinara, pasta and vegetable salad, mixed fruit and milk</p>	<p>8) Nacho Platter Supreme- spicy lean beef or shredded chicken with shredded cheese, lettuce, tomatoes, salsa, sour cream fiesta rice, fruit and milk</p>	<p>9) Pizza, assorted toppings, garden salad, fruit and milk</p> 
<p>12) Hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, pickles, oven baked fries, orange smiles and milk</p>	<p>13) Warm ham and cheese croissant, hash brown potato, cinnamon applesauce and milk</p> <p>Early Release</p>	<p>14) Chicken wings—plain or spicy, red bliss potato salad, whole wheat breadstick, watermelon and milk</p>	<p>15) Tacos with spicy lean beef or shredded chicken and shredded cheese, lettuce, tomatoes, salsa, rice, corn, fruit and milk</p>	<p>16) Pizza, assorted toppings, tossed salad, fruit and milk</p> 
<p>19)All natural chicken patty on a whole wheat roll, sweet potato fries, cherry tomato cups, sliced pears and milk</p>	<p>20) Egg McHanover – sausage, egg and cheese on a English muffin, cucumber wheels with dip, fresh banana and milk</p> <p>Early Release</p>	<p>21) Curly pasta with meatballs, marinated green beans, garlic bread, assorted fruit and milk</p>	<p>22) Steak & cheese sub with sautéed peppers and onions, baked potato puffs, fresh fruit and milk</p>	<p>23) Pizza, Popeye salad with mandarin oranges, fresh golden apple and milk</p> 
<p>26) Kayem light hot dog on a roll, baked potato wedges, apple coleslaw, mixed fruit and milk</p>	<p>27) Meatball sub with Caesar salad, fruit and milk</p>	<p>28) Rice Bowl-teriyaki chicken with brown rice, oriental vegetables, pineapple tidbits, wheat roll and milk</p>	<p>29) Cheese quesadillas with salsa, sour cream, southwestern roasted potatoes, sliced kiwi and milk</p>	<p>30) Pizza, assorted toppings, Caesar salad, chilled fruit and milk</p> 

LOOK AT THIS!

COMING SOON! WATCH FOR OUR ON-LINE PRE-PAYMENT PLAN

LOOK AT THIS!

Lynn Petrowski, Food Service Director
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Please also refer to our website at www.hanoverschools.org/foodservices for further information including Free and Reduced Meal Benefit Application