



# SEPTEMBER 2011



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

**Breakfast available 7:15am to 7:45am**

**Students \*Special\* \$1.25**

**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 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.**

<b>Milk</b>	<b>50¢</b>
<b>Frozen Treats</b>	<b>\$1.00</b>
<b>Fresh Fruit</b>	<b>50¢</b>
<b>Snacks</b>	<b>\$1.00</b>

**Cost of Lunch**

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










**Make Checks payable to the:**

**Town of Hanover**

**Please pay at the cafeteria register.**

September	<b>\$ 47.50</b>
October	<b>\$ 47.50</b>
November	<b>\$ 45.00</b>
December	<b>\$ 40.00</b>
September-December	<b>\$180.00</b>
Full Year	<b>\$450.00</b>

Please note menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>WELCOME BACK</b>  <b>WE HOPE YOU HAD</b>  <b>A FUN AND SAFE</b>  <b>SUMMER!</b></p>			<p>1)</p> 	<p>2)</p> 
<p>5) <b>HOLIDAY</b></p>  <p><b>LABOR DAY</b></p>	<p>6) All natural chicken tenders, rice pilaf, side Caesar salad , fresh apple and milk</p>	<p>7) Warm ham and cheese croissant, hash brown potato, cinnamon applesauce 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 on whole grain roll with lettuce, tomatoes, pickles, oven baked fries, orange smiles and milk</p>	<p>13) Cheese filled pizza sticks with marinara, pasta and vegetable salad, mixed fruit and milk</p> <p><b>Early Release</b></p>	<p>14) Chicken wings – plain or spicy with red bliss potato salad, whole wheat breadstick, watermelon and milk</p>	<p>15) Mexican Tacos with spicy lean beef or shredded chicken and shredded cheese, lettuce, tomatoes, salsa, sour cream, 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>21)Curly pasta with meatballs, marinated green beans, garlic bread, assorted fruit and milk</p>	<p>22) Steak &amp; 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 THIS!**

**LOOK**  
AT

**Lynn Petrowski, Food Service Director**

[lpetrowski@hanoverschools.org](mailto:lpetrowski@hanoverschools.org)

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