



# OCTOBER 2022



Cedar Elementary School  
265 Cedar Street  
781-878-7228

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**Cost of Lunch**

**Adult Meal \$4.00**

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**Please note menu is subject to change**





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Due to national shortages of food and packaging materials, labor shortage and vendor delivery delays and cancellations, our menus are subject to change based on availability. Please know that our team is working hard to provide meals every day, adjust on the fly, and provide updates about menu changes as soon as possible. We may need to make quick menu substitutions based upon what we have on hand, but we are trying our best to make comparable changes wherever possible. Thank you for your continued support and patience. Please stick with us through this challenging time!



**All Lunches are free for all students**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) <b>Choices</b> <b>Hot:</b> Chicken patty, baked fries, baby carrots, mixed fruit <b>Cold:</b> Mini blueberry muffin with low-fat yogurt and cheese stick</p>	<p>4) <b>Early Release Choices</b> <b>Hot:</b> Max sticks-cheese filled pizza sticks, dipping sauce, green beans, <b>Cold:</b> Mini blueberry muffin with low-fat yogurt and cheese stick</p>	<p>5) <b>Choices</b> <b>Hot:</b> Pancakes, baked sausage links, applesauce  <b>Cold:</b> Mini blueberry muffin with low-fat yogurt and cheese stick</p>	<p>6) <b>Choices</b> <b>Hot:</b> Hot dog, vegetarian beans, baked fries, strawberry cup <b>Cold:</b> Mini blueberry muffin with low-fat yogurt and cheese stick</p>	<p>7) <b>Choices</b> <b>Hot:</b> Sal's Pizza, vegetable sticks, fresh fruit  <b>Cold:</b> Mini blueberry muffin with low-fat yogurt and cheese stick</p>
<p>10) <b>Holiday</b>  <b>Columbus/Indigenous Day</b></p>	<p>11) <b>Choices</b> <b>Hot:</b> Chicken patty, baked smile fries, veggie sticks and pear <b>Cold:</b> Lender's bagel with low-fat yogurt and cheese stick</p>	<p>12) <b>Choices</b> <b>Hot:</b> French toast sticks, baked sausage, baby carrots, diced peaches <b>Cold:</b> Lender's bagel with low-fat yogurt and cheese stick</p>	<p>13) <b>Choices</b> <b>Hot:</b> Mozzarella sticks, meatballs w/ sauce, green beans, orange slices <b>Cold:</b> Lender's bagel with low-fat yogurt and cheese stick</p>	<p>14) <b>Choices</b> <b>Hot:</b> Cheese pizza, steamed broccoli, fresh fruit <b>Cold:</b> Lender's bagel with low-fat yogurt and cheese stick</p>
<p>17) <b>Choices</b> <b>Hot:</b> Italian platter-meatballs, mozzarella sticks, sauce, broccoli <b>Cold:</b> Soft pretzel fun lunch with low-fat yogurt and cheese stick</p>	<p>18) <b>Early Release Choices</b> <b>Hot:</b> Ham &amp; cheese croissant, carrot sticks, apple <b>Cold:</b> Soft pretzel fun lunch with low-fat yogurt and cheese stick</p>	<p>19) <b>Choices</b> <b>Hot:</b> Waffles, veggie sticks, fruit cup  <b>Cold:</b> Soft pretzel fun lunch with low-fat yogurt and cheese stick</p>	<p>20) <b>Early Release Choices</b> <b>Hot:</b> Soft tacos, seasoned meat, flour tortilla, salsa, corn and fruit <b>Cold:</b> Soft pretzel fun lunch with low-fat yogurt and cheese stick</p>	<p>22) <b>Choices</b> <b>Hot:</b> Stuffed crust pizza baby carrots, fresh fruit  <b>Cold:</b> Soft pretzel fun lunch with low-fat yogurt and cheese stick</p>
<p>25) <b>Choices</b> <b>Hot:</b> Shaped Chicken nuggets, rice pilaf, mixed veggies, pear <b>Cold:</b> Yogurt, fruit and cereal lunch</p>	<p>26) <b>Choices</b> <b>Hot:</b> Toasted cheese sandwich, oven baked fries, corn, peach cup <b>Cold:</b> Yogurt, fruit and cereal lunch</p>	<p>27) <b>Choices</b> <b>Hot:</b> Pizza crunchers w/ sauce, green beans, orange slices <b>Cold:</b> Yogurt, fruit and cereal lunch</p>	<p>28) <b>Choices</b> <b>Hot:</b> Hot dog, vegetarian beans, baked fries, and fruit <b>Cold:</b> Yogurt, fruit and cereal lunch</p>	<p>29) <b>Choices</b> <b>Hot:</b> Cheese pizza, veggie sticks, fresh fruit  <b>Cold:</b> Yogurt, fruit and cereal lunch</p>
<p>31) <b>Choices</b> <b>Hot:</b> Spider web waffle, baked sausage, baby carrots, orange slices <b>Cold:</b> Cereal lunch with cheese stick, yogurt and fruit</p>				<p><b>All our meals are served with vegetable. fruit and milk</b></p>

Lynn Petrowski, Food Service Director

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Please also refer to our website at [www.hanoverschools.org/foodservices](http://www.hanoverschools.org/foodservices) for further information including Free and Reduced Meal Benefit Application

"This institution is an equal opportunity provider."