












# JANUARY 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2) No School</b>  <b>Vacation</b>	<b>3) Chicken Teriyaki</b> , steamed broccoli, rice, pineapple tidbits, fortune cookie and milk 	<b>4) Build-a-Burger, Cheeseburger or Hamburger</b> , lettuce, tomato, onion, pickles, oven baked fries, peaches and milk	<b>5) Chicken or Cheese Quesadilla</b> , fiesta rice, black beans, lettuce & tomato, salsa, sour cream, fresh apple and milk	<b>6) Assorted Pizza</b> , caesar salad, baby carrots, fresh fruit and milk 
<b>9) Roasted Chicken</b> , mashed potato, sweet corn, applesauce and milk 	<b>10) French Toast Sticks</b> , oven baked hash brown, sausage patty, baby carrots & dip, strawberry cup and milk <b>Early Release</b>	<b>11) Mozzarella Sticks w/ Dipping Sauce</b> , freshly baked corn muffin, green beans, mixed fruit and milk	<b>12) Nacho Platter</b> , seasoned beef or chicken, refried beans, lettuce & tomato, cheese, salsa, sour cream, peaches and milk	<b>13) Assorted Pizza</b> , celery sticks w/ sweet potato hummus, popeye salad w/ mandarin oranges, fresh fruit and milk
<b>16) Holiday</b> 	<b>17) Crispy Chicken Sandwich</b> , oven baked fries, baby carrots w/dip, mixed fruit and milk	<b>18) Loaded Baked Potato</b> , cheese sauce, broccoli, homemade chili, applesauce and milk	<b>19) Burrito/Burrito Bowl</b> , fiesta rice, black beans, peppers & onions, cheese, salsa, pears and milk	<b>20) Assorted Pizza</b> , green pepper strips, caesar salad, fresh fruit and milk
<b>23) Orange Chicken</b> , rice, steamed broccoli, WG roll, pineapple chunks and milk	<b>24) Grilled Cheese Sandwich</b> , tomato soup, marinated chick peas, applesauce and milk	<b>25) Pulled Pork Sandwich</b> , vegetarian beans, apple coleslaw, mixed fruit and milk	<b>26) Mexican Tacos with Seasoned Beef or Chicken</b> , fiesta rice, lettuce & tomato, salsa, cheese, sour cream, mandarin oranges and milk	<b>27) Assorted Pizza</b> , baby carrots and, garden salad, fresh fruit and milk 
<b>30) Popcorn Chicken Bowl</b> , mashed potato, sweet corn, WG roll, peaches and milk	<b>31) Steak &amp; Cheese Sub</b> , sautéed peppers & onions, sweet potato puffs, fresh apple and milk			

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

Student \*Special\* \$1.25  
Adult Breakfast \$2.00

Juice, milk, choice of bagel, cereal or low-fat muffin, fresh fruit and low-fat yogurt

**Lunch Alternates:**

\*Salad bar with assorted toppings and whole wheat pita

\*Assorted hot sandwiches – varies daily

\*Assorted cold sandwiches – varies daily

\*Chicken nugget meal

\*Lunch Alternate is served with choice of the main menu sides of the day or side garden salad, fresh veggie sticks and assorted fruit.

Milk 50¢  
Frozen Treats 75¢  
Fresh Fruit 50¢  
Snacks (A-List) \$1.00

**Cost of Lunch**

Student Lunch \$2.85  
Adult Meal \$3.85  
All Adult Premium Lunches \$4.85

Make Checks payable to:  
**Town of Hanover**

Please pay at the cafeteria register or online at

<http://www.myschoolbucks.com>

Please note menu is subject to change

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

"This institution is an equal opportunity provider."

We are always looking for substitute cafeteria workers.

Please contact

Lynn Petrowski at:

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

