



November 2016



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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Belgian Waffle Sticks , oven baked hash brown, sausage patties, baby carrots, strawberry cup and milk Early Release	2) Plain or Buffalo Macaroni & Cheese , warm pretzel, green beans, baby carrots, orange wedges and milk	3) Burrito/Burrito Bowl w/Fajita Chicken , fiesta rice, black beans, peppers & onions, cheese, salsa, pears and milk Early Release	4) Assorted Pizza , cucumber wheels, caesar salad, fresh fruit and milk Early Release
7) Popcorn Chicken Bowl , mashed potato, sweet corn, WG roll, peaches and milk	8) No School Professional Development Day 	9) Mozzarella Sticks w/Dipping Sauce , freshly baked corn muffin, lemon zested broccoli, mixed fruit and milk	10) Assorted Pizzas , green pepper strips, popeye salad w/ mandarin oranges, fresh fruit and milk	11) No School  Veteran's Day
14) Crispy Chicken Sandwich , sweet potato puffs, quinoa salad, mixed fruit and milk	15) BBQ Rib Sandwich , vegetarian beans, coleslaw, applesauce and milk	16) Roasted Turkey Dinner with All the trimmings!	17) Chicken or Cheese Quesadilla , lettuce & tomato, fiesta rice, salsa, sour cream, fresh apple and milk	18) Assorted Pizza , carrot and celery sticks, Caesar salad, fresh fruit and milk
21) Build-a-Burger, Hamburger or Cheeseburger , lettuce, tomato & onion, pickles, oven baked fries, mandarin oranges and milk	22) Grilled Cheese Sandwich , oven baked potato puffs, tomato soup, applesauce and milk	23) Early Release  *No Lunch Served*	24) Holiday 	25) No School 
28) Chicken Teriyaki Tenders , rice, steamed broccoli, fortune cookie, pineapple tidbits and milk	29) Turkey, Bacon & Mozzarella Melt , sweet potato puffs, chick pea salad, peaches and milk	30) Meatball Sub , grated cheese, green beans, baby carrots, fresh melon and milk		Did you know? Many of our fruits and vegetables are locally grown

Lynn Petrowski, Food Service Director

lpetrowski@hanoverschools.org

Please also refer to our website at 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