













October 2016



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Popcorn Chicken Bowl, mashed potato, sweet corn, WG roll, peaches and milk	4) Belgian Waffle Sticks, oven baked hash brown, sausage, baby carrots, strawberry cup and milk Early Release	5) Turkey, Bacon & Mozzarella Melt, sweet potato puffs, green beans, pears and milk	6) Chicken or Cheese Quesadilla, fiesta rice, cowboy caviar, lettuce & tomato, salsa, apple and milk	7) Assorted Pizza, cucumber wheels, caesar salad, assorted fresh fruit and milk
10) Holiday  Columbus Day	11) Mozzarella Sticks, dipping sauce, freshly baked corn muffin, green beans, mixed fruit and milk	12) Steak & Cheese Sub, small bag of pretzels, quinoa salad, baby carrots w/dip, fresh apple and milk	13) Burrito/Burrito Bowl w/Fajita Chicken, fiesta rice, black beans, sautéed peppers & onions, cheese, salsa, pears and milk	14) Assorted Pizza, celery sticks, Popeye salad, assorted fresh fruit and milk
17) Orange Chicken, rice, steamed broccoli, WG roll, pineapple tidbits, fortune cookie and milk	18) Build-a-Burger, Hamburger or Cheeseburger, sweet potato puffs, lettuce, tomato, onion, pickles, apple and milk 	19) BBQ Rib Sandwich, mashed potato, vegetarian beans, apple coleslaw, orange and milk	20) Mexican Tacos, seasoned beef or chicken, fiesta rice, corn & black bean salsa, cheese, lettuce & tomato, peaches and milk	21) Assorted Pizza, marinated chickpeas, Caesar salad, assorted fresh fruit and milk 
24) Chicken Parmesan Sandwich, oven baked potato wedges, peas, applesauce and milk	25) Meatball Sub, grated cheese, green beans, baby carrots w/dip, peaches and milk 	26) Warm Ham & Cheese Croissant, sweet potato and black bean chili, mandarin oranges and milk	27) Nacho Platter, seasoned beef or chicken, cheese, lettuce & tomato, salsa, sour cream, refried beans, mixed fruit and milk	28) Assorted Pizza, baby carrots w/sweet potato hummus, garden salad, assorted fresh fruit and milk  Harvest Fest
31) Halloween Mrs. Kelleher's Favorite Lunch  It's Wicked Scary!				

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

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

