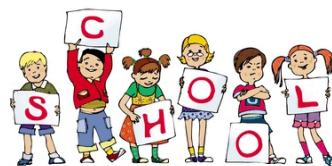




SEPTEMBER 2016



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¢/\$1.00
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) No School  First Day for Staff Only	2) No School 
5) HOLIDAY 	6) Chicken Tenders, rice pilaf, green beans, celery sticks, baby carrots, grapes and milk First Day Back	7) Build-a-Burger, Hamburger or Cheeseburger, oven baked potato wedges, peas, mixed fruit and milk	8) Chicken or Cheese Quesadilla, lettuce and tomato, cowboy caviar, peaches and milk	9) Assorted Pizza, cucumber wheels, caesar salad, assorted fresh fruit and milk
12) BBQ Rib Sandwich , vegetarian beans, coleslaw, applesauce and milk	13) French Toast Sticks , oven baked hash brown, sausage patties, peaches and milk Early Release	14) Mozzarella Sticks w/Dipping Sauce , warm corn muffin, baby carrots, mandarin oranges and milk	15) Burrito/Burrito Bowl w/ Fajita Chicken , fiesta rice, black beans, peppers & onions, cheese, salsa, pears and milk	16) Assorted Pizza , green pepper strips, garden salad, assorted fresh fruit and milk
19) Crispy Chicken Sandwich , oven roasted potato wedges, quinoa salad, peaches and milk	20) Meatball Sub , grated cheese, small bag of pretzels, green beans, baby carrots, fresh melon and milk	21) Grilled Cheese , tomato soup, potato puffs, applesauce and milk	22) Mexican Tacos , seasoned beef or chicken, refried beans, lettuce & tomato, cheese, salsa, sour cream, apple and milk	23) Assorted Pizza , celery sticks, popeye salad w/ mandarin oranges, assorted fresh fruit and milk
26) Chicken Teriyaki Tenders , rice, steamed broccoli, baby carrots, fortune cookie, pineapple chunks and milk	27) Buffalo or Plain Macaroni and Cheese , warm pretzel, sweet corn, pears and milk	28) Warm Ham & Cheese Croissant , chicken noodle soup, chick pea salad, baby carrots w/dip, peaches and milk	29) Nacho Platter , seasoned beef or chicken, cheese, lettuce & tomato, sour cream, salsa, mixed fruit and milk	30) Assorted Pizza , baby carrots w/dip, caesar salad, assorted fresh fruit and milk

Lynn Petrowski, Food Service Director

lpetrowski@hanoverschools.org

Please also refer to our website at www.hanoverschools.org/foodservices 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

