

# MARCH 2011

**Hanover High School**  
**287 Cedar Street**  
**(781)878-5450**

**Breakfast available 7:00am to 7:20am**

**Students\* Special\* \$1.00**

**Adults \$2.00**

Juice, milk, coffee, choice of assorted bagels or low-fat muffins, fresh fruit and low-fat Upstate Farms yogurt

**Lunch Alternates:**

\*Low-fat Upstate Farms yogurt parfait cup with fruit and granola

\*Prepared salad of the day with meat/cheese and whole wheat roll

\*All natural white meat chicken patty sandwich

\*Deli turkey sandwich

\*Whole wheat bagel lunch with fruit and protein

\*Additional alternatives available daily

\*\*\*Salad Bar also available daily\*\*\*

**\*Lunch alternates served with sides of the day.**

**Milk 50¢**

**Frozen treats 75¢**

**Fruit 50¢**

**Snacks \$1.00**

**Cost of Students Lunch**

Student Lunch **\$2.25**

Premium Lunch **\$3.50**

Premium Lunch with extra milk **\$4.00**

Premium Pizza (Fridays) **\$3.00**

**Cost of Adult Lunch**

Adult Meal **\$3.25**

All Adult Premium Lunches **\$4.00**



**Free and Reduced Price School Meals**

Applications are available by contacting Mike Meagher, Food Service Director and on our website.

**Please also refer to our website at**

**[www.hanoverschools.org/foodservices](http://www.hanoverschools.org/foodservices)**  
**for further information**

**Please note menu is subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1)</b> Egg and cheese on bagel with sausage, oven roasted potatoes, orange juice, applesauce and milk	<b>2)</b> Homemade macaroni and cheese, chicken nuggets, carrot / celery sticks, warm fruit crisp and milk	<b>3)</b> Nachos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, pears and milk	<b>4)</b> Assorted healthy pizza with fresh garden salad, fresh apple and milk
<b>7)</b> Chicken dippers with rice, peas/carrots, dinner roll, warm fruit crisp and milk	<b>8)</b> Belgium waffles with sausage, oven roasted potatoes, orange juice, applesauce and milk	<b>9)</b> Grilled cheese on whole wheat bread, warm soup, celery /carrot sticks, peaches and milk	<b>10)</b> Hot dogs on buns with baked beans, corn, mixed fruit and milk	<b>11)</b> Assorted healthy pizza with fresh garden salad, fresh apple and milk
<b>14)</b> Chicken patty with lettuce, tomatoes, oven roasted potatoes, apple slices and milk	<b>15)</b> French toast sticks, light sausage, oven roasted potatoes, orange juice, applesauce and milk	<b>16)</b> Pasta with sauce and meatballs, fresh garden salad, peaches and milk	<b>17)</b> Nachos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, pears and milk	<b>18)</b> Assorted healthy pizza with fresh garden salad, fresh apple and milk
<b>21)</b> Chicken parmesan sandwich, fresh garden salad, apple slices and milk	<b>22)</b> Quesadillas with lettuce, tomato, salsa, warm fruit crisp and milk	<b>23)</b> Meatball sub with grated cheese, green beans, peaches and milk  *Calzones @ premium meal \$3.00*	<b>24)</b> Chili with mozzarella sticks, fresh garden salad, pear slices and milk	<b>25)</b> Pancakes with sausage, oven roasted potatoes, orange juice, applesauce, and milk
<b>28)</b> Hamburger/cheese burger or gardenburger with lettuce, tomatoes, oven roasted potatoes, apple slices and milk	<b>29)</b> Homemade chicken, broccoli and ziti with fresh garden salad, pears and milk	<b>30)</b> Baked chicken with mashed potatoes, green beans, cranberry sauce, mixed fruit and milk	<b>31)</b> Nachos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, pears and milk	

**\*Alternate Meals Available Daily\***

**\*Assorted Breads Available\***

