



# NOVEMBER 2010



**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 Alternate is served with choice of the main menu sides of the day.**

**Milk 50¢**

**Frozen Treats 75¢**

**Fresh Fruit 50¢**

**Snacks \$1.00**

**Cost of Students Lunch**

Student Lunch **\$2.00**

Premium Lunch **\$3.50**

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

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

**Cost of Adult Lunch**

Adult Meal **\$3.00**

All Adult Premium Lunches **\$4.00**

**Make Checks payable to the:**

**Town of Hanover**

November **\$ 36.00**

Full Year (Nov-June) **\$282.00**

Please write checks for monthly, half year and full year and pay at the cafeteria register.

**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

| <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|---|---|---|---|---|
| 1) Grilled cheese on whole wheat bread, tomato soup, carrot and celery sticks, fresh apple and milk                       | 2) Egg, sausage and cheese on bagel, hash browns, applesauce and milk   | 3) Meatball sub with cheese, fresh garden salad, mixed fruit and milk                               | 4) Tacos with spicy lean beef or shredded chicken and shredded cheese, lettuce, corn, tomatoes, salsa, fresh apple and milk | 5) Assorted healthy pizza with fresh garden salad, fresh apple and milk<br>  |
| 8) Lean hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, corn, fresh apple and milk    | 9) *Hot Dog Day* Hot dogs on buns with baked beans, mixed fruit and milk  | 10) Chicken Caesar wrap, lettuce, tomato, carrot and celery sticks, apple slices and milk           | 11) HOLIDAY Veterans Day<br>             | 12) Assorted healthy pizza with fresh garden salad, fresh apple and milk<br> |
| 15) Teriyaki Chicken with choice of rice, corn, pineapple chunks and milk   | 16) Turkey Gobbler on assorted breads, carrot and celery sticks, pears and milk   | 17) Beef stew with crusty roll, fresh garden salad, fresh apple and milk                            | 18) Egg, ham and cheese sandwich, baked oven potato wedges, fresh orange and milk   | 19) Assorted healthy pizza with fresh garden salad, fresh apple and milk<br> |
| 22) Honey chicken dippers with choice of rice, green beans, pear slices and milk  | 23) Assorted healthy pizza with fresh garden salad, fresh apple and milk<br> | 24) No School<br> | 25) HOLIDAY<br>                         | 26) No School<br>   |
| 29) Pasta-choice of whole wheat pasta served with sauce or seasoned pasta, peas, fresh garden salad, fresh apple and milk | 30) Ham and cheese on croissant, roasted potatoes, fresh orange and milk  |                  |                                        |    |

\*Fresh fruit alternates available daily

