















DECEMBER 2010



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

Breakfast available 7:15am to 7:45am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Hamburger, cheeseburger or gardenburger on whole grain roll with lettuce, tomatoes, oven roasted potatoes, fresh orange and milk	2) Nachos with spicy lean beef or shredded chicken and shredded cheese, lettuce, tomatoes, salsa, fresh apple and milk	3) Assorted healthy pizza with fresh garden salad, fresh apple and milk 
6) Grilled cheese on whole wheat bread, chicken noodle soup, carrot sticks, fresh apple and milk	7) Egg, light sausage and cheese on bagel, hash browns, apple slices and milk	8) American Chop Suey, whole wheat roll, green beans, fresh apple and milk	9) Hot Dog Day* Hot dogs on buns with baked beans, mixed fruit and milk	10) Assorted healthy pizza with fresh garden salad, fresh apple and milk 
13) Chicken parmesan sandwich on whole wheat roll, fresh garden salad, pear slices and milk	14) Ham and cheese on croissant, carrot sticks, apple slices and milk	15) BBQ Rib on a bun, oven potatoes, green beans, apricots and milk	16) Bacon, lettuce and tomato sandwich, choice of yogurt or cheese stick, peach slices and milk.	17) Assorted healthy pizza with fresh garden salad, fresh apple and milk 
20) Honey chicken dippers with choice of rice, peas, pear slices and milk	21) Cheese quesadilla with lettuce, tomato, fresh apple, and milk	22) Turkey chili, baked soft pretzel or mozzarella sticks, carrot and celery sticks, peach slices and milk	23) Assorted healthy pizza with fresh garden salad, fresh apple and milk 	24) VACATION 
27) VACATION 	28) VACATION 	29) VACATION 	30) VACATION 	31) VACATION 

Students \$1.50
Adults \$2.00
Juice, milk, 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

***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:

December **\$ 34.00**
Full Year (Dec-June) **\$246.00**

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
for further information

Please note menu is subject to change

Fresh Fruit Alternates Available Daily



Alternate Hot Meals Available Daily