














# February 2011



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

**Breakfast available 7:15am to 7:45am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1)</b> Ham and cheese on a croissant, hash browns carrot sticks, fruit crisp and milk	<b>2)</b> Homemade macaroni and cheese with fresh assorted chef salad, mixed fruit and milk	<b>3)</b> Nachos / Tacos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, fresh apple and milk	<b>4)</b> Assorted healthy pizza with fresh garden salad, fresh apple and milk
<b>7)</b> Chicken dippers with rice, corn, dinner roll, fruit crisp and milk	<b>8)</b> Pancakes with light sausage, hashed browns, apple slices, and milk	<b>9)</b> Homemade chicken, broccoli and ziti with salad, peach slices and milk	<b>10)</b> Chicken quesadilla with lettuce, tomato, salsa, apple slices and milk	<b>11)</b> Assorted healthy pizza with fresh garden salad, fresh apple and milk
<b>14)</b> Chicken parmesan sandwich on whole wheat roll, fresh garden salad, pear slices and milk 	<b>15)</b> French Toast sticks, light sausage, oven roasted potatoes carrot sticks, apple slices and milk	<b>16)</b> BBQ rib sandwich with mashed potatoes, green beans, diced peach slices and milk	<b>17)</b> Nachos / Tacos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, peach slices and milk	<b>18)</b> Assorted healthy pizza with fresh garden salad, fresh apple and milk
<b>21) Holiday</b> 	<b>22) Vacation</b> 	<b>23) Vacation</b> 	<b>24) Vacation</b> 	<b>25) Vacation</b> 
<b>28)</b> Grilled cheese on whole wheat bread, chicken noodle soup, carrot sticks, fresh apple and milk				

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

February \$30.00  
 February-June \$174.00

Please write checks for monthly, half year and full year and pay at the cafeteria register.  
 \*Please note prices are subject to change\*

**\*Fresh Fruit Alternates Available Daily\***    **\*Alternate Hot Meals Available Daily\***

**\*Assorted Breads Available at the Middle School\***



**\*Half year prepaids now due\***

**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