









# January 2011



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chicken patty sandwich with lettuce, tomatoes, oven roasted potatoes, fresh orange and milk	4) Homemade macaroni and cheese with fresh garden salad, mixed fruit and milk	5) BBQ rib sandwich with mashed potatoes, green beans, diced peaches and milk	6) Nachos with spicy lean beef or shredded chicken and cheese, lettuce, tomatoes, salsa, fresh apple and milk	7) Assorted healthy pizza with fresh garden salad, fresh apple and milk
10) Grilled cheese on whole wheat bread, chicken noodle soup, carrot sticks, fresh apple and milk	11) Egg, light sausage and cheese on bagel, hash browns, corn, apple slices and milk	12) American chop suey, whole wheat roll, green beans, fresh apple and milk	13) Chicken dippers with rice, peas/carrots, dinner roll, warm fruit crisp and milk	14) Assorted healthy pizza with fresh garden salad, fresh apple and milk
17) <b>Holiday</b>  <b>Martin Luther King Jr. Day</b>	18) <b>No School</b> Professional Day 	19) Meatball sub with cheese, green beans, mixed fruit and milk	20) Quesadilla selections with lettuce, tomato, salsa, applesauce and milk	21) Assorted healthy pizza with fresh garden salad, fresh apple and milk
24) Ham and cheese on a croissant, hash browns, carrot sticks, warm fruit and milk	25) French toast sticks, light sausage, oven roasted potatoes carrot sticks, apple slices and milk	26) Homemade chicken, broccoli and ziti with salad, pineapple chunks and milk	27) Chicken parmesan sandwich with fresh garden salad, pear slices and milk	28) Assorted healthy pizza with fresh garden salad, fresh apple and milk
31) Hamburger/cheese burger or gardenburger with lettuce, tomatoes, oven roasted potatoes, fresh orange and milk				

**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:**  
 January \$38.00  
 February-June \$174.00  
 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

**\*Fresh Fruit Alternates Available Daily\***    **\*Alternate Hot Meals Available Daily\***  
**\*Assorted Breads Available at the Middle School\***

