



OCTOBER 2021



Cedar Elementary School
265 Cedar Street
781-878-7228

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All lunches are served with vegetable, fruit and milk				1) Choices Hot: Cheese pizza, steamed broccoli, diced pears Cold: Yogurt, fruit and cereal lunch
4) Choices Hot: Chicken patty, baked fries, baby carrots, mixed fruit Cold: Mini blueberry muffin with low-fat yogurt and cheese stick	5) EARLY RELEASE Choices Hot: Mozzarella sticks, pasta, dipping sauce, green beans, Cold: Mini blueberry muffin with low-fat yogurt and cheese stick	6) Choices Hot: Hot dog, vegetarian beans, baked fries, strawberry cup Cold: Mini blueberry muffin with low-fat yogurt and cheese stick	7) EARLY RELEASE Choices Hot: Pancakes, baked sausage links, veggie sticks, applesauce Cold: Mini blueberry muffin with low-fat yogurt and cheese stick	8) Choices Hot: Sal's Pizza, caesar salad, fresh fruit Cold: Mini blueberry muffin with low-fat yogurt and cheese stick
11) Holiday REMINDER NO SCHOOL Columbus/Indigenous Day	12) Choices Hot: Chicken patty, baked smile fries, veggie sticks, pear Cold: Lender's bagel with low-fat yogurt and cheese stick	13) Choices Hot: French toast sticks, baked sausage, baby carrots, diced peaches Cold: Lender's bagel with low-fat yogurt and cheese stick	14) Choices Hot: Hamburger/cheese burger, lettuce, tomato, fries, orange slices Cold: Lender's bagel with low-fat yogurt and cheese stick	15) Choices Hot: Cheese pizza, side salad, fresh fruit Cold: Lender's bagel with low-fat yogurt and cheese stick
18) Choices Hot: Italian platter-meatballs, mozzarella sticks, sauce, broccoli Cold: Soft pretzel fun lunch with low-fat yogurt and cheese stick	19) Choices Hot: Ham & cheese croissant, carrot sticks, apple Cold: Soft pretzel fun lunch with low-fat yogurt and cheese stick	20) Choices Hot: Chicken tenders, rice pilaf, mixed veggies, pear Cold: Soft pretzel fun lunch with low-fat yogurt and cheese stick	21) Choices Hot: Marconi & cheese, green beans, mixed fruit Cold: Soft pretzel fun lunch with low-fat yogurt and cheese stick	22) Choices Hot: Stuffed crust pizza Caesar salad, fresh fruit Cold: Soft pretzel fun lunch with low-fat yogurt and cheese stick
25) Choices Hot: Chicken & waffles, veggie sticks, fruit cup Cold: Yogurt, fruit and cereal lunch	26) Choices Hot: Toasted cheese sandwich, oven baked fries, peach cup Cold: Yogurt, fruit and cereal lunch	27) Choices Hot: Cheesy pizza, green beans, carrot and celery sticks, diced pears Cold: Yogurt, fruit and cereal lunch	28) Choices Hot: Spider web waffle, baked sausage, baby carrots, orange slices Cold: Yogurt, fruit and cereal lunch	29) Choices Hot: Halloween nuggets, mashed potato, roll, apple Cold: Yogurt, fruit and cereal lunch

Cost of Lunch
Adult Meal

\$4.00

Please note menu is subject to change



ALL LUNCHES ARE FREE ALL YEAR FOR ALL STUDENTS

Lynn Petrowski, Food Service Director

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Please also refer to our website at www.hanoverschools.org/foodservices for further information including Free and Reduced Meal Benefit Application

"This institution is an equal opportunity provider."