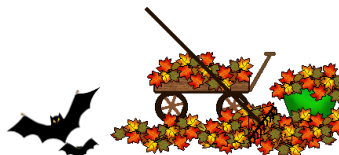








OCTOBER 2021



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All lunches are served with vegetable, fruit and milk				1) French Bread Pizza (Cheese or Bacon), Caesar salad, baby carrots, fresh fruit and milk
4) Popcorn Chicken Bowl, mashed potatoes, corn, WG roll applesauce and milk	5) Mini Pancakes, oven baked hash brown, sausage patties, strawberry cup and milk EARLY RELEASE	6) Pasta Alfredo, broccoli, WG roll, cucumber wheels, diced pears and milk	7) Mexican Tacos w/Seasoned Beef, fiesta rice, black beans, lettuce & tomato, cheese, salsa, sour cream, pears and milk	8) Big Daddy Pizza (Cheese or Bacon), Caesar salad, baby carrots, fresh fruit and milk
11) Holiday REMINDER NO SCHOOL Columbus/Indigenous Day	12) Warm Ham & Cheese Croissant, sweet potato fries, quinoa salad, mixed fruit and milk	13) Steak & Cheese Sub, corn chips, marinated chick peas, mixed fruit and milk	14) Cheese Quesadilla, fiesta rice, cowboy caviar, peaches and milk	15) Stuffed Crust Pizza (Cheese or Bacon), Caesar salad, baby carrots, fresh fruit and milk
18) Orange Chicken, rice, steamed broccoli, pineapple chunks, fortune cookie and milk	19) Build-a-Burger, cheese/hamburger, lettuce/tomato/onion, pickles, oven baked fries, peaches and milk	20) Grilled Cheese, tomato soup, mini pretzels, marinated chick peas, peaches and milk	21) Nacho Platter w/Seasoned Beef, lettuce & tomato, cheese, salsa, sour cream, pears and milk	22) Round Pizza (Cheese or Bacon), Caesar salad, baby carrots, fresh fruit and milk
25) Chicken Parmesan Sandwich, roasted potatoes, mixed fruit and milk	26) Meatball Sub, grated cheese, corn chips, green beans, peaches and milk 	27) Homemade Macaroni & Cheese (plain or buffalo), warm pretzel, sweet corn, applesauce and milk	28) Burrrito/Burrrito Bowl w/Seasoned Chicken, fiesta rice, black beans, lettuce & tomato, cheese, salsa, sour cream, pears and milk	29) French Bread Pizza (Cheese or Bacon), Caesar salad, baby carrots, fresh fruit and milk



Breakfast available 7:15am to 7:45am
Juice, milk, choice of bagel or cereal
fresh fruit and low-fat yogurt

In School Lunch Alternates:
Hamburger / Cheeseburger / Hot dog
Spicy chicken sandwich
Crispy chicken sandwich
Chicken caesar wrap
Buffalo chicken wrap
Turkey Bacon Ranch Wrap
BLT
Assorted Salads

*Lunch Alternate is served with vegetable, fresh veggie sticks and assorted fruit and milk

Please note menu is subject to change
ALL BREAKFASTS AND LUNCHES ARE FREE ALL YEAR FOR ALL STUDENTS AT THE MIDDLE SCHOOL



Lynn Petrowski, Food Service Director

lpetrowski@hanoverschools.org

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."

Adult Breakfast

\$2.00