

**October**  
**2017**



# Hanover Jr/Sr High Lunch Menu

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free white & chocolate

**Weekly Vegetable Subgroups May Include:**  
Dark green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers  
Beans/Peas/  
Starchy - white potatoes, corn, and lima beans  
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Daily Entree Options may include:

- Grab & Go Salads and Wraps
- Assorted Pizza
- Chicken Patty on a roll
- Hamburger on a roll
- Cheeseburger on a roll
- Made to order Sandwiches and Wraps



Adult Lunch \$3.70  
Manager Name: Maria Deluca  
Phone: 570-825-5588  
Email: ma1108@metccorp.com

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Popcorn Chicken w/roll</b> choose your sauce  <b>Hamburger on a bun</b>  <b>Featured Veggies:</b> <b>Green Beans</b> <b>Baby Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Pierogi Meal</b> w/dinner roll  <b>BBQ Rib on a bun</b>  <b>Featured Veggies:</b> <b>Glazed Carrots</b> <b>Side Salad</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Sweet &amp; Sour Chicken</b> over Rice  <b>CheeseSteak Sub</b>  <b>Featured Veggies:</b> <b>Steamed Broccoli</b> <b>Chick Pea Salad</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Chicken Patty</b>  <b>Cheeseburger</b>  <b>Featured Veggies:</b> <b>Side Salad</b> <b>Cucumber Slices</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>NO SCHOOL</b>
<b>NO SCHOOL</b>  	<b>Hot Ham &amp; Cheese</b> on a pretzel bun  <b>Chicken Fajita</b>  <b>Featured Veggies:</b> <b>Mixed Vegetables</b> <b>Side Salad</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Macaroni &amp; Cheese</b> w/ dinner roll  <b>Pulled Pork</b> on a roll  <b>Featured Veggies:</b> <b>Corn</b> <b>Carrot Sticks</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Texas Toasted Cheese</b> w/tomato soup  <b>Chicken Patty on a bun</b>  <b>Featured Veggies:</b> <b>Sautéed Zucchini</b> <b>Cucumber Slices</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>French Fry Bar</b>  <b>Cheeseburger on a bun</b>  <b>Featured Veggies:</b> <b>Glazed Carrots</b> <b>Tomato Wedges</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>
<b>Pasta with Meat Sauce</b> served with a roll  <b>Cheesy Chicken Quesadilla</b>  <b>Featured Veggies:</b> <b>Green Beans</b> <b>Baby Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Asian Sesame Chicken</b> over rice  <b>Hot Dog Bar</b>  <b>Featured Veggies:</b> <b>Steamed Peas</b> <b>Cole Slaw</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Chicken Mashed Potato Bowl</b> w/dinner roll  <b>Cheeseburger</b>  <b>Featured Veggies:</b> <b>Corn</b> <b>Broccoli Salad</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Waffles &amp; Sausage</b>  <b>Buffalo Chicken Dip</b> served with tortilla chips  <b>Featured Veggies:</b> <b>Yellow Beans</b> <b>Celery Sticks</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Smothered Pierogies</b> w/Bacon & Cheddar  <b>Cowboy Burger</b> Cheese, Onion Rings, BBQ Sauce  <b>Featured Veggies:</b> <b>Sweet Potatoes</b> <b>Sliced Cucumbers</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>
<b>Chicken Tenders w/roll</b>  <b>Hamburger</b>  <b>Featured Veggies:</b> <b>Buffalo Cauliflower</b> <b>Baby Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Meatball Sub</b>  <b>Corn Dog Nuggets</b>  <b>Featured Veggies:</b> <b>Curly Fries</b> <b>Baked Beans</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Walking Taco</b> w/dinner roll  <b>Chicken Patty on a bun</b>  <b>Featured Veggies:</b> <b>Corn</b> <b>Fresh Broccoli w/ranch</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>American Pierogi</b>  <b>BBQ Chicken Siracha Toaster</b>  <b>Featured Veggies:</b> <b>Parmesan Broccoli</b> <b>Tomato Wedges</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Chicken Patty on a bun</b>  <b>Cheeseburger on a bun</b>  <b>Featured Veggies:</b> <b>Side Salad</b> <b>Cucumber Slices</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>
<b>Chicken Alfredo</b> over Penne w/roll  <b>Cheese Steak Sub</b>  <b>Featured Veggies:</b> <b>Green Bean Casserole</b> <b>Baby Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Happy Halloween Mexican</b> Bar  <b>Cheeseburger on a bun</b>  <b>Featured Veggies:</b> <b>Mixed Vegetables</b> <b>Cole Slaw</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Chicken Mashed Potato Bowl</b>  <b>Hamburger on a bun</b>  <b>Featured Veggies:</b> <b>Corn</b> <b>Fresh Cauliflower</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>French Toast Sticks</b> Sausage  <b>Cheeseburger on a bun</b>  <b>Featured Veggies:</b> <b>Tater Tots</b> <b>Cucumber Slices</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Wok n Roll Bar</b>  <b>Chicken Patty on a bun</b>  <b>Featured Veggies:</b> <b>Ranchero Carrots</b> <b>Side Salad</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>