

May
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



Monday	Tuesday	Wednesday	Thursday	Friday
Popcorn Chicken choose your sauce Hamburger on a bun Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk	American Pierogi CheeseS teak Sub Featured Veggies: Golden Corn Side Salad Choice of Fruit Choice of Milk	General Tso's Chicken over Rice Big Mac Burger Featured Veggies: Steamed Broccoli Tomato Wedges Choice of Fruit Choice of Milk	Chicken Parmesean over Pasta Sloppy Joe on a bun Featured Veggies: Steamed Peas Cucumber Slices Choice of Fruit Choice of Milk	NO SCHOOL
Macaroni & Cheese w/ stewed tomatoes BBQ Rib Featured Veggies: Yellow Beans Baby Carrots Choice of Fruit Choice of Milk	Mexican Bar Chicken Patty on a bun Featured Veggies: Steamed Broccoli Side Salad Choice of Fruit Choice of Milk	Chicken Mashed Potato Bowl Hamburger on a bun Featured Veggies: Corn Celery Sticks Choice of Fruit Choice of Milk	Italian Meatballs & Cheese Sub Toasted Ham & Cheese Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	French Fry Bar Cheeseburger on a bun Featured Veggies: Glazed Carrots Chick Pea Salad Choice of Fruit Choice of Milk
Chicken Alfredo Penne over Sausage & Peppers Sub Featured Veggies: Mixed Vegetables Baby Carrots Choice of Fruit Choice of Milk	Walking Taco Chicken Patty on a bun Featured Veggies: Steamed Peas Tomato Wedges Choice of Fruit Choice of Milk	Buffalo Chicken Dip w/ tortilla chips Pork BBQ on a bun Featured Veggies: Steamed Carrots Cole Slaw Choice of Fruit Choice of Milk	Blueberry Pancakes w/sausage Chicken & Cheese Quesadilla Featured Veggies: Tater Tots Sliced Cucumbers Choice of Fruit Choice of Milk	Smothered Pierogies w/Bacon & Cheddar Cowboy Burger Cheese, Onion Rings, BBQ Sauce Featured Veggies: Corn Side Salad Choice of Fruit Choice of Milk
Pasta & Meatballs served w/ dinner roll CheeseSteak Sub Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	Chicken Fajita on a soft tortilla Corn Dog Nuggets Featured Veggies: Green Beans Side Salad Choice of Fruit Choice of Milk	Taco Bowl (beef over rice w/ vegetables) Chicken Patty on a bun Featured Veggies: Corn Fresh Broccoli Choice of Fruit Choice of Milk	Chicken Tenders with a dinner roll BBQ Chicken Siracha Toaster Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk	Chicken patty Cheeseburger on a bun Featured Veggies: Steamed Peas Tomato Wedges Choice of Fruit Choice of Milk
NO SCHOOL	Mexican Bar Cheeseburger on a bun Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk	Chicken Mashed Potato Bowl Chicken Patty on a bun Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk	French Toast Sticks Sausage Buffalo Chicken Wrap Featured Veggies: Tater Tots Cucumber Slices Choice of Fruit Choice of Milk	Texas Toasted Cheese Tomato Soup Sloppy Joe Featured Veggies: Ranchero Carrots Side Salad Choice of Fruit Choice of Milk



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