

# JANUARY



## HANOVER AREA ELEMENTARY LUNCH MENU

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

**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 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, 100% fruit juices and mandarin oranges

**Daily Entree Options include:**

**PB&J Sandwich**



Adult Lunch \$3.70

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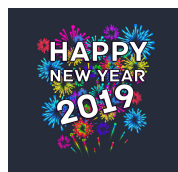
**Monday**

January's Nutritious  
Friend of the Month



**Tuesday**

1



**Wednesday**

2

Chicken Tenders  
w/roll  
or  
Hot Dog  
on a bun

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Thursday**

3

Southwest Chicken & Rice  
Bowl  
or  
Hamburger  
on a bun

**Featured Veggies:**  
Steamed Corn  
Garden Salad  
Choice of Fruit  
Choice of Milk

**Friday**

4

Cheese Pizza  
or  
Corn Dog Nuggets

**Featured Veggies:**  
Glazed Carrots  
Fresh Broccoli  
Choice of Fruit  
Choice of Milk

7

Cheesesteak Hoagie

or  
Hamburger  
on a bun

**Featured Veggies:**  
Oven Fries  
Italian Salad  
Choice of Fruit  
Choice of Milk

8

Walking Taco  
pretzel stick  
or  
Chicken Patty  
on a bun

**Featured Veggies:**  
Mixed Vegetables  
Baby Carrots  
Choice of Fruit  
Choice of Milk

9

Pierogies  
w/roll  
or  
Ham & Cheese  
Craveable

**Featured Veggies:**  
Yellow Beans  
Sliced Tomatoes  
Choice of Fruit  
Choice of Milk

10

Chicken Mashed Potato  
Bowl  
or  
Turkey & Cheese  
Sandwich

**Featured Veggies:**  
Steamed Corn  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

11

*National Milk Day*  
French Bread Pizza  
or  
BBQ Pork  
on a bun

**Featured Veggies:**  
Ranchero Carrots  
Chickpea Salad  
Choice of Fruit  
Choice of Milk

14

Chicken Nachos

or  
Hot Ham & Cheese  
on a pretzel roll

**Featured Veggies:**  
Baked Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

15

General Tso's Chicken  
over rice  
or  
BBQ Rib  
on a bun

**Featured Veggies:**  
Steamed Broccoli  
Garden Salad  
Choice of Fruit  
Choice of Milk

16

Toasted Cheese

or  
Hot Dog  
on a bun

**Featured Veggies:**  
Green Beans  
Fresh Broccoli  
Choice of Fruit  
Choice of Milk

17

Italian Dunkers  
w/sauce  
or  
Sloppy Joe  
on a bun

**Featured Veggies:**  
Steamed Carrots  
Celery Sticks  
Choice of Fruit  
Choice of Milk

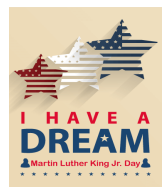
18

Act 80

NO SCHOOL

21

NO SCHOOL



22

Nacho Grande  
or  
Cheeseburger  
on a bun

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

23

French Toast Sticks  
Sausage  
or  
Italian Meatballs & Cheese  
on a bun

**Featured Veggies:**  
Steamed Corn  
Celery Sticks  
Choice of Fruit  
Choice of Milk

24

Pasta with Meat Sauce

or  
Chicken Patty  
on a bun

**Featured Veggies:**  
Steamed Peas  
Fresh Broccoli  
Choice of Fruit  
Choice of Milk

25

Cheese Pizza  
or  
BBQ Rib  
on a bun

**Featured Veggies:**  
Ranchero Carrots  
Chickpea Salad  
Choice of Fruit  
Choice of Milk

28

*National Blueberry Pancake Day*  
Blueberry Pancakes w/sausage

or  
Hamburger  
on a bun

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

29

Macaroni & Cheese

or  
Chicken Patty  
on a bun

**Featured Veggies:**  
Mixed Vegetables  
Side Salad  
Choice of Fruit  
Choice of Milk

30

*National Croissant Day*  
Ham & Cheese on a Croissant

or  
Buffalo Chicken Dip  
w/tortilla chips

**Featured Veggies:**  
Steamed Peas  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

31

Chicken Mashed Potato  
Bowl  
or  
Deli Hoagie

**Featured Veggies:**  
Steamed Corn  
Tomato Slices  
Choice of Fruit  
Choice of Milk