



HANOVER AREA ELEMENTARY LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday



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 may include:
PB&J Sandwich

4
Chicken Nuggets w/roll
or
Turkey & Cheese Sandwich

Featured Veggies:
Steamed Peas
Baby Carrots
Choice of Fruit
Choice of Milk

5
Walking Taco w/roll
or
Chicken Patty on a bun

Featured Veggies:
Baked Beans
Side Salad
Choice of Fruit
Choice of Milk

6
Hot Ham & Cheese on a pretzel roll
or
CheeseSteak Hoagie

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

7
Grilled Cheese

or
Hot Dog on a roll

Featured Veggies:
Green Beans
Cucumber Slices
Choice of Fruit
Choice of Milk

8
Italian Dunkers w/sauce

or
BBQ Rib on a bun

Featured Veggies:
Steamed Broccoli
Tomato Slices
Choice of Fruit
Choice of Milk

11
1/2 Day of School
Chicken Patty or Sloppy Joe

Featured Veggies:
Chef's Choice

Choice of Fruit
Choice of Milk

12
1/2 Day of School
Cheese Pizza

Featured Veggies:
Chef's Choice

Choice of Fruit
Choice of Milk

13
LAST DAY OF SCHOOL

14

15



Adult Lunch \$3.70

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