



# Hanover Jr/Sr High 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.

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

Hamburger

Cheeseburger

Made to order Sandwiches and Wraps

Orange Juice Day - May 4th


Cinco De Mayo - May 5th

Chocolate Chip Cookie Day - May 15th

Ramadan - May 15

Strawberries & Cream Day - May 22nd

Memorial Day - May 28th

	<b>1</b> Italian Meatballs & Cheese Sub  Steak & Cheddar Flatbread  <b>Featured Veggies:</b> Mixed Vegetables Carrot Sticks Choice of Fruit Choice of Milk	<b>2</b> Cajun Chicken w/ mashed potatoes & gravy  Sloppy Joe  <b>Featured Veggies:</b> Green Beans Caesar Salad Choice of Fruit Choice of Milk	<b>3</b> General Tso Chicken over Rice  Bacon Cheeseburger  <b>Featured Veggies:</b> Steamed Peas Tomato Slices Choice of Fruit Choice of Milk	<b>4</b> French Fry Bar  Chicken Patty  <b>Featured Veggies:</b> Ranchero Carrots Cucumber Slices Choice of Fruit Choice of Milk
<b>7</b> Popcorn Chicken choose your sauce  Cheeseburger  <b>Featured Veggies:</b> Yellow Beans Baby Carrots Choice of Fruit Choice of Milk	<b>8</b> Mexican Bar  Chicken Patty  <b>Featured Veggies:</b> Mixed Vegetables Romaine Salad Choice of Fruit Choice of Milk	<b>9</b> Stuffed Shells with Meatballs  Grilled Chicken, BBQ and Bacon Sandwich  <b>Featured Veggies:</b> Glazed Carrots Chick Pea Salad Choice of Fruit Choice of Milk	<b>10</b> Texas Toasted Cheese  Hamburger  <b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	<b>11</b> Wok n Roll Bar  Chicken Patty  <b>Featured Veggies:</b> Steamed Broccoli Tomato Slices Choice of Fruit Choice of Milk
<b>14</b> Meatballs w/gravy Butered Noodles  Italian Grinder  <b>Featured Veggies:</b> Baked Beans Carrot Sticks Choice of Fruit Choice of Milk	<b>15</b> Buffalo Chicken Wrap  Cowboy Burger (cheese, onion rings, BBQ sauce)  <b>Featured Veggies:</b> Oven Fries Fresh Cauliflower Choice of Fruit Choice of Milk	<b>16</b> Smothered Pierogies with bacon & cheese  Hot Ham & Cheese on a pretzel roll  <b>Featured Veggies:</b> Yellow Beans Tomato Salad Choice of Fruit Choice of Milk	<b>17</b> Chicken Mashed Potato Bowl  Hamburger  <b>Featured Veggies:</b> Steamed Corn Cole Slaw Choice of Fruit Choice of Milk	<b>18</b> Chicken Parm Sandwich  Chicken & Cheese Quesadilla  <b>Featured Veggies:</b> Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk
<b>21</b> Sweet & Sour Chicken over Rice  CheeseSteak Sub  <b>Featured Veggies:</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk	<b>22</b> Pasta & Meatballs w/alfredo or Marinara  BBQ Chicken Siracha Toaster  <b>Featured Veggies:</b> Peas & Carrots Broccoli Salad Choice of Fruit Choice of Milk	<b>23</b> Hard Shell Tacos & Rice  Hot Dog Bar  <b>Featured Veggies:</b> Seasoned Corn Tomato Slices Choice of Fruit Choice of Milk	<b>24</b> Buffalo Chicken Dip w/tortilla chips  Turkey, Bacon & Swiss Flatbread  <b>Featured Veggies:</b> Ranchero Carrots Celery Sticks Choice of Fruit Choice of Milk	<b>25</b> Chicken Patty  Cheeseburger  <b>Featured Veggies:</b> Side Salad Sliced Cucumbers Choice of Fruit Choice of Milk
<b>28</b> NO SCHOOL  	<b>29</b> Chicken Tenders w/roll  Pulled BBQ Pork on a roll  <b>Featured Veggies:</b> Steamed Peas Baby Carrots Choice of Fruit Choice of Milk	<b>30</b> Waffles & Sausage  Southwest Chicken Bowl over Rice  <b>Featured Veggies:</b> Green Beans Celery Sticks Choice of Fruit Choice of Milk	<b>31</b> Cheeseburger Macaroni w/roll  Buffalo Grilled Chicken Sandwich  <b>Featured Veggies:</b> Cheesy Broccoli Sliced Cucumbers Choice of Fruit Choice of Milk	

Adult Lunch \$3.70

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