



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

1

Fish Sandwich

Corn Dog

Featured Veggies:

Steamed Carrots

Cucumber Slices

Choice of Fruit

Choice of Milk

4

Popcorn Chicken
choose your sauce

Cheeseburger

Featured Veggies:

Steamed Peas

Baby Carrots

Choice of Fruit

Choice of Milk

5

Walking Taco

Chicken Patty

Featured Veggies:

Baked Beans

Side Salad

Choice of Fruit

Choice of Milk

6

Hot Ham & Cheese
a pretzel roll on

CheeseSteak Sub

Featured Veggies:

Glazed Carrots

Fresh Broccoli

Choice of Fruit

Choice of Milk

7

Texas Toasted Cheese

Hamburger

Featured Veggies:

Green Beans

Cucumber Slices

Choice of Fruit

Choice of Milk

8

French Bread Pizza

Chicken Tenders

Featured Veggies:

Steamed Broccoli

Tomato Slices

Choice of Fruit

Choice of Milk

11

Chef's Choice

Featured Veggies:

Chef's Choice

Choice of Fruit

Choice of Milk

12

Chef's Choice

Featured Veggies:

Chef's Choice

Choice of Fruit

Choice of Milk

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LAST DAY of SCHOOL



Adult Lunch \$3.70

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