



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
- Hamburger
- Cheeseburger

Made to order Sandwiches and Wraps

- 1st - April Fool's Day
- 1st - Easter Sunday
- 3rd - Chocolate Mousse Day
- 12th - National Grilled Cheese
- 13th - National Peach Cobbler Day
- 19th - National Garlic Day
- 22nd - Earth Day
- 22nd - 28th - Earth Week
- NATIONAL GRILLED CHEESE MONTH
- NATIONAL SOFT PRETZEL MONTH

Try a different grilled cheese each week

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Salisbury Steak w/gravy over noodles</p> <p>Buffalo Chicken Cheesesteak</p> <p>Featured Veggies:</p> <p>Green Beans</p> <p>Carrot Sticks</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>3</p> <p>Italian Meatball & Cheese Sub</p> <p>Steak & Cheddar Flatbread</p> <p>Featured Veggies:</p> <p>Mixed Vegetables</p> <p>Caesar Salad</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>4</p> <p>Toasted Ham & Cheese Sandwich</p> <p>Chicken Stir Fry over rice</p> <p>Featured Veggies:</p> <p>Steamed Broccoli</p> <p>Green Pepper Strips</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>5</p> <p>Open faced turkey sandwich w/mashed potatoes & gravy</p> <p>Bacon Cheeseburger</p> <p>Featured Veggies:</p> <p>Steamed Peas</p> <p>Tomato & Cucumber Salad</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>6</p> <p>French Fry Bar</p> <p>Chicken Patty</p> <p>Featured Veggies:</p> <p>Ranchero Carrots</p> <p>Fresh Broccoli</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>9</p> <p>Popcorn Chicken choose your sauce</p> <p>BBQ Rib on a bun</p> <p>Featured Veggies:</p> <p>Yellow Beans</p> <p>Baby Carrots</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>10</p> <p>Mexican Bar</p> <p>Chicken Patty</p> <p>Featured Veggies:</p> <p>Mixed Vegetables</p> <p>Romaine Salad</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>11</p> <p>Stuffed Shells with Meatballs</p> <p>Grilled Chicken, BBQ and Bacon Sandwich</p> <p>Featured Veggies:</p> <p>Steamed Peas</p> <p>Chick Pea Salad</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>12</p> <p>Texas Toasted Cheese</p> <p>Hamburger</p> <p>Featured Veggies:</p> <p>Oven Fries</p> <p>Cucumber Slices</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>13</p> <p>Wok n Roll Bar</p> <p>Chicken Patty</p> <p>Featured Veggies:</p> <p>Steamed Broccoli</p> <p>Tomato Slices</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>16</p> <p>Macaroni & Cheese w/dinner roll</p> <p>BBQ Rib on a bun</p> <p>Featured Veggies:</p> <p>Baked Beans</p> <p>Carrot Sticks</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>17</p> <p>Buffalo Chicken Wrap</p> <p>Cowboy Burger (cheese, onion rings, BBQ sauce)</p> <p>Featured Veggies:</p> <p>Oven Fries</p> <p>Fresh Cauliflower</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>18</p> <p>Smothered Pierogies with bacon & cheese</p> <p>Hot Ham & Cheese on a pretzel roll</p> <p>Featured Veggies:</p> <p>Glazed Carrots</p> <p>Tomato Salad</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>19</p> <p>Chicken Mashed Potato Bowl</p> <p>Hamburger</p> <p>Featured Veggies:</p> <p>Steamed Corn</p> <p>Cole Slaw</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>20</p> <p>Texas Toasted Cheese with fresh tomato</p> <p>Chicken Parm Sandwich</p> <p>Featured Veggies:</p> <p>Yellow Beans</p> <p>Cucumber Slices</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>23</p> <p>Sweet & Sour Chicken over Rice</p> <p>CheeseSteak Sub</p> <p>Featured Veggies:</p> <p>Green Beans</p> <p>Baby Carrots</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>24</p> <p>Pasta & Meatballs w/Alfredo or Marinara</p> <p>BBQ Rib on a bun</p> <p>Featured Veggies:</p> <p>Mixed Vegetables</p> <p>Broccoli Salad</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>25</p> <p>Soft Taco & Rice</p> <p>Hot Dog Bar</p> <p>Featured Veggies:</p> <p>Seasoned Corn</p> <p>Celery Sticks</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>26</p> <p>Buffalo Chicken Dip w/tortilla chips</p> <p>Pizza Toasted Cheese</p> <p>Featured Veggies:</p> <p>Ranchero Carrots</p> <p>Tomato Slices</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>27</p> <p>French Toast Sticks Sausage</p> <p>Chicken & Cheese Quesadilla</p> <p>Featured Veggies:</p> <p>Tater Tots</p> <p>Cucumber Salad</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>30</p> <p>Spicy Toasted Cheese</p> <p>Chicken in gravy over a biscuit</p> <p>Featured Veggies:</p> <p>Yellow Beans</p> <p>Fresh Cauliflower</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>				



Adult Lunch \$3.70

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