

MAY

2021



HANOVER SCHOOL DISTRICT
PRE-K 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

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Lunch Prices

Student \$0.00 Reduced \$0.00

Adult \$3.75

Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!!
This Month.....

General Manager

Tracy Drank

Assistant Manager

Tina Barber

570-825-5588

ma1108@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday

3

Popcorn Chicken Bites
Dinner Roll

Featured Veggies:

- Steamed Broccoli
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

Tuesday

4

Cheeseburger on a Bun

Featured Veggies:

- Smiley Fries
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

Wednesday

5

Breaded Chicken Patty
On a Bun

Featured Veggies:

- Mixed Vegetables
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

Thursday

6

Italian Dunkers
Marinara Dipping Sauce

Featured Veggies:

- Steamed Carrots
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

Friday!

7

10

Popcorn Chicken Bites
Dinner Roll

Featured Veggies:

- Steamed Peas
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

11

Cheeseburger on a bun

Featured Veggies:

- Smiley Fries
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

12

Breaded Chicken Patty
On a Bun

Featured Veggies:

- Mixed Vegetables
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

13

Italian Dunkers
Marinara Dipping Sauce

Featured Veggies:

- Green Beans
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

14

17

Breaded Chicken Nuggets
Dinner Roll

Featured Veggies:

- Steamed Peas
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

18

Grilled Cheese Sandwich

Featured Veggies:

- Steamed Broccoli
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

19

Cheeseburger on a Bun

Featured Veggies:

- Mixed Vegetables
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

20

Cheese Pizza

Featured Veggies:

- Steamed Green Beans
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

21

24

Breaded Chicken Nuggets
Dinner Roll

Featured Veggies:

- Steamed Corn
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

25

Grilled Cheese Sandwich

Featured Veggies:

- Steamed Green Beans
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

26

Cheeseburger on a Bun

Featured Veggies:

- Mixed Vegetable
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

27

Cheese Pizza

Featured Veggies:

- Steamed Broccoli
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

28

31

Memorial Day
No School