

# October

# 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 \$3.86

### Nutritious Friends

Look for our **Nutritious Friend of the Month** on the menu!!

This Month.....

**General Manager**

**Tracy Drank**

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USDA is an equal opportunity provider and employer.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Pizza Friday!**

Empty lunch box for Monday.

Empty lunch box for Tuesday.

Empty lunch box for Wednesday.

Empty lunch box for Thursday.

**1**  
Cheese Pizza  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**4**  
BBQ Rib Patty  
on a Bun  
**Featured Veggies:**  
Steamed Carrots  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**5**  
Chicken Tenders  
with Dinner Roll  
**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**6**  
Cheeseburger  
on a Bun  
**Featured Veggies:**  
Mixed Vegetables  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**7**  
Cheese Pizza  
**Featured Veggies:**  
Steamed Green Beans  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**8**  
**NO SCHOOL!!!**

**11**  
**NO SCHOOL!!!**

**12**  
Chicken Nuggets  
Dinner Roll  
**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**13**  
Popcorn Chicken  
Dinner Roll  
**Featured Veggies:**  
Glazed Carrots  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**14**  
Macaroni & Cheese  
Dinner Roll  
**Featured Veggies:**  
Green Beans  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**15**  
French Bread Pizza  
**Featured Veggies:**  
Steamed Peas  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**18**  
Chicken Patty  
on a Bun  
**Featured Veggies:**  
Glazed Carrots  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**19**  
Cheese Ravioli  
Dinner Roll  
**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**20**  
Popcorn Chicken  
Pretzel Stick  
**Featured Veggies:**  
Baked French Fries  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**21**  
Pierogies  
w/Dinner Roll  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**22**  
Cheese Pizza  
**Featured Veggies:**  
Mixed Vegetables  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**25**  
Chicken Tenders  
w Dinner Roll  
**Featured Veggies:**  
Steamed Peas  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**26**  
Chicken Nuggets  
w/Dinner Roll  
**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**27**  
Cheeseburger  
on a Bun  
**Featured Veggies:**  
Mixed Vegetables  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**28**  
Chicken Sticks  
w/Dinner Roll  
**Featured Veggies:**  
Steamed Green Beans  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**29**  
Cheese Pizza  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk