# HANOVER AREA 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
Weekly Vegetabpicesubgroups 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


Lunch Prices
Student $\$ 0.00$
Adult $\$ 4.73$
*MENU SUBJECT TO CHANGE*

## General Manager

Katlyn Kirkpatrick
Assistant Manager
Tom Krulack
Phone Number
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| Cheese |
| :---: |
| Pizza |

Featured Veggies: Sliced Carrots Fresh Vegetables Choice of Fruit Choice of Milk

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French Bread
Pizza

Featured Veggies:
Sliced Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

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| Whole Grain Pasta |
| :---: |
| with Meat Sauce |



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[^0]:    Featured Veggies: Italian Vegetable Blend Fresh Vegetables

    Choice of Fruit
    Choice of Milk

    Featured Veggies: Mixed Vegetable Fresh Vegetables

    Choice of Fruit
    Choice of Milk

