



MAY 2023



HANOVER AREA SCHOOL DISTRICT PRE-K LUNCH MENU



Metz
CULINARY MANAGEMENT

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

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



Lunch Prices

Student \$0.00

Adult \$4.11

MENU SUBJECT TO CHANGE

General Manager

David A. Feller

Assistant Manager

Ryan Shissler

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USDA is an equal opportunity provider and employer

Monday

1

Chicken Patty
on a Bun

Featured Veggies:
Steamed Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

Tuesday

2

Meatball
Hoagie w/ Cheese

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

Wednesday

3

Hot Ham & Cheese
on Pretzel Bun

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

Thursday

4

Hot Dog
on a Bun

Featured Veggies:
Baked Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

Pizza Friday!

5

NO SCHOOL

*In Service
Day*

8

Chicken Nuggets
Dinner Roll

Featured Veggies:
Mixed Vegetables
Fresh Vegetables
Choice of Fruit
Choice of Milk

9

Cheeseburger
on a Bun

Featured Veggies:
Baked Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

10

Chicken Nuggets
Dinner Roll

Featured Veggies:
Steamed Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

11

Hot Dog
on a Bun

Featured Veggies:
Mixed Vegetables
Fresh Vegetables
Choice of Fruit
Choice of Milk

12

Pizza
Bagel

Featured Veggies:
Carrot Coins
Fresh Vegetables
Choice of Fruit
Choice of Milk

15

Mini Corn Dog
Nuaaets

Featured Veggies:
Baked Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

16

Chicken Nuggets
Dinner Roll

Featured Veggies:
Carrot Coins
Fresh Vegetables
Choice of Fruit
Choice of Milk

17

Italian
Dunkers w/ Sauce

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

18

Walking Taco
Seasoned Ground Beef

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

19

Cheese
Pizza

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

22

Italian Dunkers
Marinara Dipping Sauce

Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

23

Chicken Patty
on a Bun

Featured Veggies:
Baked Smiley Fries
Fresh Vegetables
Choice of Fruit
Choice of Milk

24

Chicken Tenders
Dinner Roll

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

25

Cheese
Stuffed Bread Stick

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

26

Pizza
Bagel

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

29

NO SCHOOL

*Happy Memorial
Day*

30

BBQ Rib
Sandwich

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

31

Chicken Patty
on a Bun

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

1

Corn Dog
on a stick

Featured Veggies:
Mixed Vegetables
Fresh Vegetables
Choice of Fruit
Choice of Milk

2

Cheese
Pizza

Featured Veggies:
Carrot Coins
Fresh Vegetables
Choice of Fruit
Choice of Milk