

May/June

2022



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

Assitant Manager

Ryan Shissler

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ma1108@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday

2

Breaded Chicken Sticks w/Dinner Roll

Featured Veggies:

Mixed Vegetables
Fresh Vegetable
Choice of Fruit
Choice of Milk

Tuesday

3

BBQ Rib Sandwich on a Bun

Featured Veggies:

Steamed Corn
Fresh Vegetable
Choice of Fruit
Choice of Milk

Wednesday

4

Cheeseburger on a Bun

Featured Veggies:

Green Beans
Fresh Vegetable
Choice of Fruit
Choice of Milk

Thursday

5

Cheese Pizza

Featured Veggies:

Steamed Broccoli
Fresh Vegetable
Choice of Fruit
Choice of Milk

Pizza Friday!

6

NO SCHOOL

9

Breaded Chicken Nuggets w/ Roll

Featured Veggies:

Mixed Vegetables
Fresh Vegetable
Choice of Fruit
Choice of Milk

10

Italian Dunkers
Marinara Dipping Sauce

Featured Veggies:

Steamed Corn
Fresh Vegetable
Choice of Fruit
Choice of Milk

11

Chicken Patty on a Bun

Featured Veggies:

Steamed Peas
Fresh Vegetable
Choice of Fruit
Choice of Milk

12

Chicken Tenders w/ Dinner Roll

Featured Veggies:

Steamed Green Beans
Fresh Vegetable
Choice of Fruit
Choice of Milk

13

Cheese Pizza

Featured Veggies:

Steamed Carrots
Fresh Vegetable
Choice of Fruit
Choice of Milk

16

Chicken Tenders w/ Dinner Roll

Featured Veggies:

Steamed Green Beans
Fresh Vegetable
Choice of Fruit
Choice of Milk

17

Cheeseburger on a Bun

Featured Veggies:

Steamed Corn
Fresh Vegetable
Choice of Fruit
Choice of Milk

18

Cheese Ravioli
Marinara Sauce

Featured Veggies:

Mixed Vegetables
Fresh Vegetable
Choice of Fruit
Choice of Milk

19

Chicken Patty on a Bun

Featured Veggies:

Steamed Peas
Fresh Vegetable
Choice of Fruit
Choice of Milk

20

Cheese Pizza

Featured Veggies:

Steamed Broccoli
Fresh Vegetable
Choice of Fruit
Choice of Milk

23

Breaded Chicken Nuggets w/ Roll

Featured Veggies:

Steamed Carrots
Fresh Vegetable
Choice of Fruit
Choice of Milk

24

Hot Ham & Cheese on a Hamburger Bun

Featured Veggies:

Steamed Corn
Fresh Vegetable
Choice of Fruit
Choice of Milk

25

Chicken Patty on a Bun

Featured Veggies:

Mixed Vegetable
Fresh Vegetable
Choice of Fruit
Choice of Milk

26

Popcorn Chicken
Dinner Roll

Featured Veggies:

Steamed Peas
Fresh Vegetable
Choice of Fruit
Choice of Milk

27
1/2 Day

Cheese Pizza

Featured Veggies:

Green Beans
Fresh Vegetable
Choice of Fruit
Choice of Milk

30

NO SCHOOL
MEMORIAL DAY

31

BBQ Rib Sandwich on a Bun

Featured Veggies:

Steamed Corn
Fresh Vegetable
Choice of Fruit
Choice of Milk

1
1/2 Day

Chicken Tenders
Dinner Roll

Featured Veggies:

Mixed Vegetable
Fresh Vegetable
Choice of Fruit
Choice of Milk

2
1/2 Day

Italian Dunkers
Marinara Dipping Sauce

Featured Veggies:

Steamed Green Beans
Fresh Vegetable
Choice of Fruit
Choice of Milk

3
1/2 Day

Cheese Pizza

Featured Veggies:

Steamed Carrots
Fresh Vegetable
Choice of Fruit
Choice of Milk