

January 2018



# HANOVER AREA ELEMENTARY 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

**Daily Entree Options may include:**  
**PB&J Sandwich**



**Monday**

1



8

Chicken Alfredo over pasta or Hamburger on a bun  
**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

15

NO SCHOOL



22

Hot Ham & Cheese on a pretzel roll or Chicken Fajita & Cheese on a soft tortilla  
**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

29

Pasta & Meatballs w/ roll or Chicken Patty on a bun  
**Featured Veggies:**  
Yellow Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Tuesday**

2

NO SCHOOL

9

Beef & Mac w/roll or Chicken Patty on a bun  
**Featured Veggies:**  
Mixed Vegetables  
Cole Slaw  
Choice of Fruit  
Choice of Milk

16

Chicken Nuggets w/bread or Hot Dog on a bun  
**Featured Veggies:**  
Glazed Carrots  
Garden Salad  
Choice of Fruit  
Choice of Milk

23

Walking Taco or Chicken Patty on a bun  
**Featured Veggies:**  
Baked Beans  
Celery Sticks  
Choice of Fruit  
Choice of Milk

30

**NATIONAL CROISSANT DAY!**  
Ham & Cheese Croissant or Buffalo Chicken Dip served w/ tortilla chips  
**Featured Veggies:**  
Mixed Vegetables  
Corn & Bean Salad  
Choice of Fruit  
Choice of Milk

**Wednesday**

3

Chicken Patty on a bun or Hot Dog on a bun  
**Featured Veggies:**  
Corn  
Baby Carrots  
Choice of Fruit  
Choice of Milk

10

Toasted Cheese or CheeseSteak Hoagie  
**Featured Veggies:**  
Yellow Beans  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

17

Pierogies w/ bread or BBQ Rib on a bun  
**Featured Veggies:**  
Steamed Broccoli  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

24

Macaroni & Cheese w/ stewed tomatoes or Hamburger on a bun  
**Featured Veggies:**  
Steamed Broccoli  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

31

Sweet & Sour Chicken over Rice or CheeseSteak Sub  
**Featured Veggies:**  
Steamed Broccoli  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Thursday**

4

Corn Dog or Chicken & Cheese Quesadilla  
**Featured Veggies:**  
Glazed Carrots  
Fresh Broccoli  
Choice of Fruit  
Choice of Milk

11

Chicken Mashed Potato Bowl or Turkey & Cheese Sandwich  
**Featured Veggies:**  
Mashed Potatoes  
Corn  
Choice of Fruit  
Choice of Milk

18

Cheeseburger on a bun or Meatball & Cheese Hoagie  
**Featured Veggies:**  
Oven Fries  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

25

Hot Turkey Sandwich w/ Mashed Potatoes or Pancakes & Sausage  
**Featured Veggies:**  
Corn  
Tomato Slices  
Choice of Fruit  
Choice of Milk

**Friday**

5

Cheese Pizza or BBQ Rib on a bun  
**Featured Veggies:**  
Steamed Peas  
Side Salad  
Choice of Fruit  
Choice of Milk

12

NO SCHOOL

19

Italian Dunks w/ Sauce or Sloppy Joe on a bun  
**Featured Veggies:**  
Steamed Peas  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

26

Cheese Pizza or BBQ Rib on a bun  
**Featured Veggies:**  
Steamed Carrots  
Side Salad  
Choice of Fruit  
Choice of Milk

Adult Lunch \$3.70

General Manager: Maria DeLuca

Phone Number: 570.825.5588

Email: ma1108@metzcorp.com

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