



Hopkinton High School Menu: December 2018



All students will be offered all of the items listed below and have to choose at least 3 of the items listed; 1 choice must be 1 full serving of a fruit, vegetable or a combination of both. A student may opt to choose all menu items listed, but on a "choice of" day, students will be limited to one main entrée item. Menus are subject to change without notice due to item availability.

*All meals meet the new nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010.

*Free/Reduced lunch applications may be submitted at any time throughout the school year. Food allergies must be documented with the school nurse and Food Service Director.

Student Breakfast: \$1.50

Student Lunch: \$3.25

Milk Only: \$.60

Adult Breakfast: \$2.00

Adult Lunch: \$3.75

Available Daily: Salad Bar, Deli Bar, Selection of hot slide items/pizza/build your own bar (*view alternative menu for daily selections*)

Monday	Tuesday	Wednesday	Thursday	Friday
3. Chicken Tenders Sweet Potato Fries	4. Meatball Sub or Eggplant Parm Sandwich Fresh Broccoli Salad Pudding Parfait	5. Quesadillas; Chicken Fajita or Black Bean Fiesta Corn & Black Beans Cilantro Lime Rice	6. Chicken Broccoli Alfredo Seasoned Peas & Carrots Honey Wheat Dinner Roll	7. "Big Daddy's" Bold Pizza; Cheese, Pepperoni or Peppers/Onion Side Italian Garden Salad Roasted Rainbow Carrots
10. Chicken Nugget Combo (nuggets and mozzarella sticks) Italian Green Beans	11. Irish Nachos: Potato Wedges topped with seasoned beef and cheddar cheese sauce Warm Corn Bread	12. Stuffed Shells with Spaghetti Sauce Warm Garlic Breadstick Parmesan Garlic Carrots Side Caesar Salad	13. Roasted Turkey Garlic Mashed Potatoes Roasted Butternut Squash Cranberry Sauce Stuffing	14. Homemade Pizza; Cheese, Pepperoni or Margherita Side Greek Salad Honey Roasted Chickpeas
17. BBQ Pulled Pork Sandwich Homemade Baked Beans Cole Slaw	18. Chicken Parmesan or Eggplant Parmesan all served with Tomato Basil Pasta Steamed Broccoli & Cauliflower	19. Steak n' Cheese Sub Sautéed Onions & Peppers Curly Fries	20. Popcorn Chicken Bowl: Just like KFC, Mashed Potatoes topped with buttery corn, popcorn chicken and drizzled with gravy Maple Glazed Carrots Mini Honey Wheat Biscuit	21. Pizza Maxx Sticks Side Italian Garden Salad Holiday Cookie Treat
24. Happy Holidays! ~Winter Break~	25. Happy Holidays! ~Winter Break~	26. Happy Holidays! ~Winter Break~	27. Happy Holidays! ~Winter Break~	28. Happy Holidays! ~Winter Break~
31. Happy Holidays! ~Winter Break~	1. Happy Holidays! ~Winter Break~	REMEMBER TO PRE-PAY FOR MEALS! Track transactions and pay online @ MySchoolBucks.com		

All meals come with either fresh or chilled fruit (unless otherwise noted), option of a side garden salad and choice of 8oz milk (Skim white, 1% white, fat free flavored milk)

Harvest of the Month: **Carrots!**