Hopkinton High School Menu: February 2019

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
REMEMBER TO PRE-PAY FOR MEALS! Track transactions and pay online @ MySchoolBucks.com				1. **Early Release** **No Lunch Today**
4. BBQ Pulled Pork Sandwich Cole Slaw Homemade Baked Beans	5. **Chinese New Year!** Choice of: Mandarin Orange, General Tso's or Korean BBQ Chicken served over Asian Fried Rice Vegetable Egg Roll Chinese Style Veggies Fortune Cookie 	6. Chili Cheese Fries: Potato wedges smothered with taco seasoned beef and warm cheddar cheese sauce Side Southwest Salad Warm Corn Bread	7. Popcorn Chicken Bowl *Just like KFC, Mashed Potatoes topped with buttery corn, popcorn chicken and drizzled with gravy)* Seasoned Peas & Carrots Honey Wheat Biscuit	8. **Homemade Pizza!** Cheese, Pepperoni or Spinach & Feta Side Greek Salad French Fry Duo
Hot Vegetarian Entree: Black Bean Burger	**Hot Vegetarian Entree:** Asian "Chicken" Strips	**Hot Vegetarian Entree:** Cheese Fries	**Hot Vegetarian Entree:** Breaded Veggie Nuggets	**Hot Vegetarian Entree** Cheese or Spinach & Feta Pizza
11. Meatball Sub Roasted Parmesan Carrots	12. Asian Chicken Variety over Asian Fried Rice Roasted Broccoli & Cauliflower Fortune Cookie	13. Baked Potato Bar; cheese, bacon bits, broccoli, beef chili, sour cream,etc. Served with a Cheese Filled Breadstick	14. Chicken Parm or Eggplant Parm over Tomato Basil Pasta Side Caesar Salad Garlic Texas Toast Choc. Covered Strawberry Parfait 	15. Pizza Maxx Sticks (Cheese filled) Marinara Dipping Sauce Parmesan Butternut Gratin Sweet Corn
Hot Vegetarian Entree: Italian Veggie Meatball Sub	**Hot Vegetarian Entree:** Asian "Chicken" Strips	**Hot Vegetarian Entree:** Baked Potato & Cheese Breadstick	**Hot Vegetarian Entree:** Eggplant Parmesan	**Hot Vegetarian Entree** Pizza Maxx Sticks
18. **Vacation**	19. **Vacation**	20. **Vacation**	21. **Vacation**	22. **Vacation**
25. Chicken Nugget Combo Assorted Dipping Sauces Italian Green Beans	26. General Tso's Chicken or Korean BBQ Chicken over Vegetable Lo Mein Chinese Style Vegetables Fortune Cookie	27. Philly Cheesesteak Sub Sauteed Onions & Peppers Curly Fries	28. Grilled Chicken Caprese Sandwich; *Grilled Chicken topped with fresh tomato, mozzarella, basil and a drizzle of balsamic glaze* Fresh Broccoli Salad Cape Cod Potato Chips	1. "**Big Daddy's" Pizza** Cheese, Pepperoni or Meatlovers Caprese Pasta Salad Maple Glazed Carrots
Hot Vegetarian Entree: Veg. Nuggets + Mozz. Sticks	**Hot Vegetarian Entree:** Asian "Chicken" Strips	**Hot Vegetarian Entree:** Black Bean Burger	**Hot Vegetarian Entree** Eggplant Caprese Sandwich	**Hot Vegetarian Entree:** Cheese Pizza

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: ***Butternut Squash!***