



Hopkinton Middle 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

Adult Lunch: \$3.75

Milk Only: \$.60

Entree Only: \$2.50

Available Daily: Salad Bar, Deli Bar, Selection of hot slide items (*view alternative menu for weekly selections*)

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#2	REMEMBER TO PRE-PAY FOR MEALS! Track transactions and pay online @ MySchoolBucks.com				1. Early Release No Lunch Today
#1	4. Beef or Black Bean Nachos Fiesta Corn Warm Corn Bread	5. Chinese New Year! Choice of: Mandarin Orange, General Tso's or Korean BBQ Chicken over Asian Fried Rice Vegetable Egg Roll Chinese Style Veggies Fortune Cookie 	6. Philly Cheesesteak Sub Sauteed Onions & Peppers Roasted Carrots Fresh Baked Sugar Cookie	7. Chicken Tenders Assorted Dipping Sauces Curly Fries Fresh Broccoli Salad	8. Homemade Pizza! Cheese, Pepperoni or Spinach & Feta French Fry Duo Side Garden Salad w/Italian
	Hot Vegetarian Entree: Black Bean Nachos	Hot Vegetarian Entree: Asian "Chicken" Strips	Hot Vegetarian Entree: Eggplant Parmesan Sub	Hot Vegetarian Entree: Breaded Veggie Nuggets	Hot Vegetarian Entree: Cheese or Spinach & Feta Pizza
#3	11. Chicken Fajitas Chipotle Corn Cilantro Lime Rice	12. Cowboy Burger; Burger topped with BBQ Sauce, Cheese and Onion Rings Homemade Baked Beans	13. Popcorn Chicken Assorted Dipping Sauces Loaded Mashed Potatoes Seasoned Peas & Carrots	14. Cheese Stuffed Shells Roasted Broccoli Garlic Texas Toast Choc. Covered Strawberry Parfait 	15. Pizza Maxx Sticks (Cheese filled) Marinara Dipping Sauce Parmesan Butternut Gratin Steamed Green Beans
	Hot Vegetarian Entree: Vegetarian "Chicken" Fajita	Hot Vegetarian Entree: Black Bean Burger	Hot Vegetarian Entree: Breaded Veggie Nuggets	Hot Vegetarian Entree: Cheese Stuffed Shells	Hot Vegetarian Entree: Pizza Maxx Sticks (cheese filled)
	18. Vacation	19. Vacation	20. Vacation	21. Vacation	22. Vacation
#2	25. Chili Cheese Fries: Potato wedges smothered with taco seasoned beef and warm cheddar cheese sauce Mexican Black Beans Warm Corn Bread	26. Asian Chicken Variety General Tso or Mandarin Orange Vegetable Fried Rice Roasted Broccoli & Cauliflower Fortune Cookie	27. Pasta Bar Choice of Italian Meatballs or Chicken Broccoli Alfredo Honey Glazed Carrots Cheese Filled Breadstick	28. Chicken Nugget Combo Assorted Dipping Sauces Cinnamon Roasted Butternut Squash	1. "Big Daddy's" Pizza Cheese, Pepperoni or Meatlovers Italian Pasta Salad Buttered Corn
	Hot Vegetarian Entree: Cheese Fries	Hot Vegetarian Entree: Asian "Chicken" Strips	Hot Vegetarian Entree: Italian Veggie Meatballs	Hot Vegetarian Entree: Veg. Nuggets + Mozzarella Sticks	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!**