



# Hopkinton High School Menu: January 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
	1. <b>No School Today</b>	2. Chicken Nuggets Loaded Mashed Potatoes Seasoned Peas	3. Nachos: Beef or Buffalo Chicken Chipotle Corn Mexican Black Beans Cilantro Lime Rice	4. "Big Daddy's Pizza" Cheese, Pepperoni or Meat Lovers Cucumber & Tomato Salad Apple Pie Parfait
		<b>Hot Vegetarian Entree:</b> Breaded Eggplant Patty Sandwich	<b>Hot Vegetarian Entree:</b> Nachos w/Cheese & Black Beans	<b>Hot Vegetarian Entree:</b> Cheese Pizza
7. Crumbled Cheeseburger Sub Sweet Potato Fries	8. Chicken Cordon Bleu Tomato Basil Pasta Honey Glazed Carrots	9. Cheese Stuffed Shells with Side of Mozzarella Sticks (2) Roasted Broccoli	10. Quesadillas: Fajita Chicken or Black Bean Fiesta Corn Sour Cream/ Salsa	11. Homemade Pizza; Cheese, Pepperoni or Cheeseburger Roasted Potato Wedges Side Garden Salad
<b>Hot Vegetarian Entree:</b> Black Bean Burger	<b>Hot Vegetarian Entree:</b> Eggplant Parmesan	<b>Hot Vegetarian Entree:</b> Cheese Stuffed Shells	<b>Hot Vegetarian Entree:</b> Black Bean Quesadilla	<b>Hot Vegetarian Entree:</b> Cheese Pizza
14. Meatball Sub or Eggplant Sub Cheesy Broccoli	15. Chicken n' Biscuits Garlic Mashed Potatoes Seasoned Peas & Carrots	16. Philly Cheesesteak Sub Sautéed Onions & Peppers Roasted Carrots	17. Chicken Tenders Assorted Dipping Sauces Curly Fries Apple Crisp	18. "Big Daddy's Pizza" Cheese, Pepperoni or Vegetable Side Garden Salad Honey Roasted Chickpeas
<b>Hot Vegetarian Entree:</b> Eggplant Parmesan Sandwich	<b>Hot Vegetarian Entree:</b> Black Bean Burger	<b>Hot Vegetarian Entree:</b> Veggie Meatball Sub w/Cheese Sauce	<b>Hot Vegetarian Entree:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Entree:</b> Cheese or Veggie Pizza
21. <b>No School Today</b>	22. Popcorn Chicken Bowl ( <i>Just like KFC, Mashed Potatoes topped with buttery corn, popcorn chicken and drizzled with gravy</i> ) Roasted Butternut Squash	23. BBQ Pulled Pork Sandwich Cole Slaw Baked Beans	24. Grilled Chicken Caprese Sandwich; <i>Grilled Chicken topped with fresh tomato, mozzarella, basil and a drizzle of balsamic glaze</i> Sweet Potato Fries Italian Pasta Salad	25. Pizza Maxx Sticks with Marinara Sauce Side Caesar Salad
	<b>Hot Vegetarian Entree:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Entree:</b> BBQ Veggie Meatball Sub	<b>Hot Vegetarian Entree:</b> Eggplant Caprese Sandwich	<b>Hot Vegetarian Entree:</b> Pizza Maxx Sticks
28. Grilled Cheese Sandwich with Beef or Vegetable Chili Corn on the Cob	29. Mac n' Cheese Cheese or Buffalo Chicken Italian Green Beans	30. Honey Sriarcha Chicken over Vegetable Fried Rice Steamed Broccoli & Cauliflower	31. Homemade Pizza Cheese, Pepperoni, BBQ Chicken Butternut & Apple Casserole	<b>REMEMBER TO PRE-PAY FOR MEALS!</b> Track transactions and pay online @ <b>MySchoolBucks.com</b>
<b>Hot Vegetarian Entree:</b> Grilled Cheese with Veg Chili	<b>Hot Vegetarian Entree:</b> Mac n' Cheese	<b>Hot Vegetarian Entree:</b> Teriyaki Veggie Meatballs	<b>Hot Vegetarian Entree:</b> 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: *Apples!*