



Hopkinton Elementary School's Lunch Menu: January 2019



All students will be offered all of the items listed below and will have the choice 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 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 the Food Service Director.

Student Breakfast: \$1.50

Student Lunch: \$2.75


Additional Entrée: \$2.00

Milk Only: \$.60

Adult Breakfast: \$2.00

Adult Lunch: \$3.75

Available Daily: Sunbutter/Jelly Sandwich **Alternate Entrees** (please view "alternative entrée menu for weekly/daily selections)

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#3		1. No School Today	2. Chicken Nuggets Cheesy Broccoli Hot Vegetarian Entree: Black Bean Burger	3. Beef Nachos Fiesta Corn Cilantro Lime Rice Hot Vegetarian Entree: Nacho Chips w/Cheese Sauce	4. Deep Dish Pizza; Cheese or Pepperoni Sweet Potato Fries Cinnamon Applesauce Hot Vegetarian Entree: Cheese Pizza
	#2	7. Goldfish Grilled Cheese Choice of: Tomato or Chicken Noodle Soup Italian Green Beans Hot Vegetarian Entree: Grilled Cheese & Tomato Soup	8. Chicken Patty Sandwich Crispy Tater Tots Honey Roasted Chickpeas Hot Vegetarian Entree: Eggplant Patty Sandwich	9. Homemade Shepherd's Pie Seasoned Green Peas & Carrots Honey Wheat Dinner Roll Hot Vegetarian Entree: Black Bean Burger	10. Pasta with Meatballs Roasted Broccoli Chocolate Chip Cookie Hot Vegetarian Entree: Pasta with Veggie Meatballs
#1	14. Popcorn Chicken Loaded Mashed Potatoes Honey Glazed Carrots Hot Vegetarian Entree: Brd Veg. Nuggets & Mash Potato	15. Confetti Mini Pancakes Sausage Links Hash Brown Patty Apple Pie Parfait Hot Vegetarian Entree: Pancakes	16. Choice of: Mandarin Orange Chicken or Teriyaki Chicken Vegetable Fried Rice Steamed Broccoli & Cauliflower *Taste Test: General Tso's Chicken Hot Vegetarian Entree: Teriyaki Veggie Meatballs	17. Taco & Scoops Gallo Pinto (Rice n' Beans) Chipotle Corn Hot Vegetarian Entree: Bean Burrito	18. Teddy Bear Picnic! Piglet's Pinwheels (Turkey & Cheese or Sunbutter & Jelly) Tigger Tails Rabbit's Fresh Garden Veggies Pooh's Honey Grahams 
	#3	21. No School Today	22. Chicken Nugget Combo (Nuggets & Mozzarella Sticks) Butternut & Apple Casserole Hot Vegetarian Entree: Mozzarella Sticks (5ct)	23. Choice of: Hamburger or Cheeseburger Baked Beans Homemade Apple Crisp Hot Vegetarian Entree: Black Bean Burger	24. Mini Cheese Ravioli with Spaghetti Sauce Roasted Carrots Garlic Texas Toast Hot Vegetarian Entree: Mini Cheese Ravioli
#2	28. Chicken Parmesan Sandwich (chicken patty topped with marinara sauce and cheese and placed on a bun) Side Caesar Salad Hot Vegetarian Entree: Eggplant Parm Sandwich	29. French Toast Sticks Sausage Links Homefries Warm Cinnamon Apples Hot Vegetarian Entree: French Toast Sticks	30. Beef Nachos Fiesta Corn Spanish Rice Hot Vegetarian Entree: Nacho Chips w/Cheese Sauce	31. Popcorn Chicken Bowl Roasted Butternut Squash Hot Vegetarian Entree: Breaded Veggie Nuggets	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) and choice of 8oz milk (Skim white, 1% white, fat free flavored milk)

Harvest of the Month: **Apples!**