



# Hopkinton Middle 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**

**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
#3		1. <b>No School Today</b>	2. Chicken Nuggets Crinkle Fries Maple Carrots	3. Beef Nachos 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 Sandwich	<b>Hot Vegetarian Entree:</b> Nachos w/Cheese & Black Beans	<b>Hot Vegetarian Entree:</b> Cheese Pizza
#2	7. Crumbled Cheeseburger Sub Sweet Potato Fries	8. Asian Chicken Variety: Mandarin or General Tso's Vegetable Fried Rice Chinese Style Veggies	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
	<b>Hot Vegetarian Entree:</b> Black Bean Burger	<b>Hot Vegetarian Entree:</b> Teriyaki Veggie Meatballs	<b>Hot Vegetarian Entree:</b> Cheese Stuffed Shells	<b>Hot Vegetarian Entree:</b> Black Bean Quesadilla	<b>Hot Vegetarian Entree:</b> Cheese Pizza
#1	14. Meatball Sub Cheesy Broccoli	15. Chicken n' Biscuits ( <i>chicken pot pie filling w/a warm biscuit</i> ) Garlic Mashed Potatoes Seasoned Peas & Carrots Apple Crisp	16. Nachos; Beef or Buffalo Chicken Gallo Pinto (rice n' beans) Chipotle Corn	17. Chicken Tenders Assorted Dipping Sauces Curly Fries Italian Pasta Salad	18. "Big Daddy's Pizza" Cheese, Pepperoni or Vegetable Side Garden Salad Honey Roasted Chickpeas
	<b>Hot Vegetarian Entree:</b> Veggie Meatball Sub	<b>Hot Vegetarian Entree:</b> Black Bean Burger	<b>Hot Vegetarian Entree:</b> Nachos with Cheese & Black Beans	<b>Hot Vegetarian Entree:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Entree:</b> Cheese or Veggie Pizza
#3	21. <b>No School Today</b>	22. Pasta Bar Meatballs w/Sauce or Chicken and Broccoli Alfredo Italian Green Beans Texas Toast	23. Popcorn Chicken Bowl ( <i>Just like KFC, Mashed Potatoes topped with buttery corn, popcorn chicken and drizzled with gravy</i> ) Roasted Butternut Squash	24. Grilled Cheese with Homemade Beef or Vegetarian Chili Corn on the Cob	25. Pizza Maxx Sticks with Marinara Sauce Side Caesar Salad
		<b>Hot Vegetarian Entree:</b> Italian Veggie Meatballs	<b>Hot Vegetarian Entree:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Entree:</b> Grilled Cheese & Veg. Chili	<b>Hot Vegetarian Entree:</b> Pizza Maxx Sticks
#2	28. Chicken Parmesan Sandwich Broccoli Polonaise	29. Burritos:Beef or Bean Cilantro Lime Rice Corn and Black Bean Salad	30. Asian Chicken Variety: General Tso or Honey Sriracha Asian Lo Mein 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> Eggplant Parmesan Sandwich	<b>Hot Vegetarian Entree:</b> Bean Burrito	<b>Hot Vegetarian Entree:</b> Teriyaki Veggie Meatball	<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!*