



Hopkinton MS Menu: August/September 2022



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: \$0.00

Student Lunch: \$0.00

Milk Only: \$.75

Non-reimbursable Meal: \$3.50

Adult Breakfast: \$2.00

Adult Lunch: \$4.00

Available Daily: Deli Bar, Pre-Made Salads/Wraps/Sandwiches, Hot Slide Items (**View Alternative Meal Menu for Weekly Selections**)

Please regularly view menus on [MealViewer](#) for updates, nutritional information and allergy alerts

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#1	REMEMBER TO PREPAY FOR MEALS! Track transactions and pay online @ MySchoolBucks.com	WELCOME BACK TO SCHOOL	8/31 Crispy Chicken Tenders; Plain or Buffalo Seasoned Fries Assorted Dipping Sauces	1. Deep Dish Pizza; Cheese or Pepperoni Side Garden Salad Fresh Baked Cookie	2. No School Today
Hot Veg. Entree			Veggie Nuggets	Cheese Pizza	
#1	5. No School Today Labor Day	6. Mini Pancakes Sausage Links Tater Tots	7. Chicken Nugget Combo Assorted Dipping Sauces Garlic Parmesan Carrots	8. Double Burgers; Plain or Cheeseburgers BBQ Baked Beans Potato Chips	9. Pizza by the Slice; Cheese, Pepperoni or Margherita Cheesy Broccoli
Hot Veg. Entree		Pancakes + Yogurt	Veggie Nugget Combo	"Chick" Patty Sandwich	Cheese or Margherita Pizza
#2	12. Mac n' Cheese; Plain or Buffalo Chicken Texas Toast Side Caesar Salad	13. Beef Nachos Toppings; Shredded lettuce, Cheese Sauce, Guac, Salsa, Sour Cream Mexican Black Beans Corn Muffin	14. Asian Chicken Ginger Carrots Vegetable Lo Mein	15. French Bread Pizza; Cheese, Pepperoni or Vegetable Cucumber Tomato Salad	16. Early Release K-12 Pre-Order Bagged Lunches To-Go
Hot Veg. Entree	Mac n' Cheese	Black Bean Nachos	Asian Veggie Nuggets	Cheese or Vegetable Pizza	Sunbutter & Jelly Sandwich
#1	19. BBQ Rib Sandwich 3 Bean Salad Sweet Potato Fries	20. Chicken or Eggplant Parmesan Tomato Basil Pasta Roasted Broccoli	21. Dutch Waffles with Berry Sauce Scrambled Eggs Harvest Home Fries	22. Popcorn Chicken Assorted Dipping Sauces Loaded Mashed Potatoes Honey Wheat Biscuit	23. Stuffed Crust Pizza; Cheese or Pepperoni Buttered Corn
Hot Veg. Entree	Black Bean Burger	Eggplant Parmesan	Main Entree	Veggie Nuggets	Cheese Pizza
#2	26. No School Today Rosh Hashanah	27. Meatball Sub Cheesy Broccoli & Cauliflower	28. Asian Chicken Vegetable Fried Rice Parley Carrots	29. Irish Nachos Mexican Corn & Black Beans Corn Bread	30. Pizza Variety; Cheese or Pepperoni Side Garden Salad w/Italian
Hot Veg. Entree		Veggie Meatball Sub	Asian Veggie Nuggets	Cheese Fries	Cheese Pizza

Fresh, chilled and/or dried fruit, raw veggies with ranch dip, and a choice of 8oz milk (Skim white, 1% white, fat free flavored milk) are all offered daily

Harvest of the Month: **Tomatoes**

This institution is an equal opportunity provider.