



# Hopkinton MS Menu: October 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
<b>#1</b>	3. Chicken Nugget Combo (nuggets & mozz. sticks) Assorted Dipping Sauces Sweet Potato Fries	4. Double Burgers; Hamburger or Cheeseburger Homemade Baked Beans Potato Chips	5.  <b>No School Today Yom Kippur</b>	6. Chicken Fajita Sauteed Onions & Peppers Fiesta Corn	7. Pizza Maxx Sticks Marinara Sauce Pear, Mandarin & Spinach Side Salad
Hot Veg. Entree	Veggie Nugget Combo	Black Bean Burger		Veg. "Chicken" Patty Sandwich	Main Entree
<b>#2</b>	10.  <b>Columbus Day No School</b>	11. Croissant Breakfast Sandwich; Egg & Cheese or Chicken Sausage, Egg & Cheese Hash Brown Patty Warm cinnamon Pears	12. Asian Chicken Vegetable Lo Mein Roasted Broccoli	13. Pizza by the Slice; Cheese, Pepperoni or BBQ Chicken & Pear Italian Chickpea Salad	14. <i>K-12 Early Release</i>  Pre-Order Lunch <b>Cheese Pizza Munchable</b> by Thursday 2pm
Hot Veg. Entree		Egg & Cheese Croissant	Asian "Chicken" Nuggets	Cheese Pizza	Cheese Pizza Munchable
<b>#1</b>	17. "Fried" Chicken Drumstick Mashed Potatoes & Gravy Stuffing Italian Green Beans	18. Beef Nachos Nacho Toppings; salsa, sour cream, guacamole Mexican Black Beans	19. Crispy Chicken Tenders Assorted Dipping Sauces Curly Fries	20. Mac n' Cheese; Plain or BBQ Chicken Garlic Knot Side Caesar Salad	21. French Bread Pizza; Cheese or Pepperoni Buttered Corn
Hot Veg. Entree	Veg. "Chick" Patty Sandwich	Black Bean Nachos	Veggie Nuggets	Mac n' Cheese	Cheese Pizza
<b>#2</b>	24.  <b>No School Today Diwali</b>	25. Asian Chicken Vegetable Egg Roll Ginger Carrots	26. Mini Pancakes Chicken Sausage Patty Crispy Tater Tots Homemade Pear Crisp	27. Grilled Cheese & Chili; Beef or Vegetarian Broccoli Polonaise	28. Pizza Variety; Cheese or Pepperoni Side Garden Salad w/ Italian
Hot Veg. Entree		Asian "Chicken" Nuggets	Mini Pancakes + Yogurt	Grilled Cheese & Veg. Chili	Cheese Pizza
<b>#1</b>	31. <b>Happy Halloween!</b> Bat Nuggets Assorted Dipping Sauces Smiley Fries Frankenstein Pudding Cup	Join us for <b>Free Breakfast!</b> Available daily 7:30-8a	Remember to check your MySchoolBucks accounts for transaction history and prepayment options	<b>Harvest of the Month: <i>Pears!</i></b> <i>Be sure to try some of our Pear-licious items this month!</i>	
Hot Veg. Entree	Veggie Nuggets				

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

This institution is an equal opportunity provider.