



Hopkinton K-5 Lunch Menu: MARCH 2023



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 (MS/HS only): \$0.00

Student Lunch: \$0.00

Milk Only: \$.75

Adult Lunch: \$4.00

Alternate Entrees: See "Alternative Entree 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			1. Beef Nachos Spanish Rice Mexican Corn & Black Beans	2. Chicken Patty Sandwich Honey Glazed Carrots	3. Stuffed Crust Pizza; Cheese or Pepperoni Side Garden Salad w/Italian
Veg.Entree			Plant Based Nachos	Veg. "Chick" Patty Sandwich	Cheese Pizza
#2	6. (No Kinder) Italian Meatball Sub Cheesy Broccoli	7. Emoji Nuggets and Emoji Fries Assorted Dipping Sauces	8. All Beef Hot Dog Hot Dog Toppings BBQ Baked Beans	9. Pasta with Spaghetti Sauce Twisted Cheese Filled Breadstick Side Caesar Salad	10. Pizza by the Slice: Cheese or Pepperoni Parmesan Garlic Carrots
Veg.Entree	Veggie "Meatball" Sub	Veggie Nuggets	Veggie "Hot Dog"	Main Entree	Cheese Pizza
#3	13. Mini Pancakes/Waffles Chicken Sausage Links Harvest Home Fries 100% Juice Cup	14. "Fried" Chicken Drumstick Mashed Potatoes & Gravy Bread Stuffing	15. Mac n' Cheese Italian Green Beans	16. Deep Dish Pizza; Cheese or Pepperoni Buttered Corn	17. <i>K-12 Early Release</i> <i>St. Patty's Day</i> Irish Nachos Corn Bread Muffin Mexican Black Beans
Veg.Entree	Pancakes w/ 4 oz Yogurt	Veg "Chicken" Patty Sandwich	Main Entree	Cheese Pizza	Plant Based Irish Nachos
#4	20. <i>First day of Spring</i> Chicken Tenders Assorted Dipping Sauces Smiley Fries Worms in Dirt Pudding Cup	21. (No Kinder) Tomato Soup with Cheese Filled Breadsticks Honey Glazed Carrots	22. Hamburger or Cheeseburger Roasted Potato Wedges	23. Chicken Nugget Combo Dipping Sauces Italian Chickpea Salad	24. Pizza by the Slice; Cheese or Pepperoni Raw Veggies with Ranch
Veg.Entree	Veggie Nuggets/Tenders	Main Entree	Veggie Griller Burger	Veggie Nugget Combo	Cheese Pizza
#1	27. Cheesy Pizza Bites Marinara Dipping Sauce Fiesta Corn	28. Chicken Patty Sandwich Sweet Potato Fries	29. Pasta with Chicken Meatballs Seasoned Peas & Carrots	30. <i>Red Sox Home Opener!</i> Fenway Beef Frank Hot Dog Toppings Boston Baked Beans Ice Cream Cup	31. (No Kinder) Pizza Variety; Cheese or Pepperoni Side Garden Salad w/ Italian
Veg.Entree	Main Entree	Veg. "Chicken" Patty Sandwich	Pasta w/ Veggie Meatballs	Veggie Hot Dog	Cheese Pizza

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

This institution is an equal opportunity provider.