



Hopkinton HS 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, Salad Bar, Grab N' Go Meals, 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 Spicy 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. Double Burgers; Plain or Cheeseburger BBQ Baked Beans Potato Chips	7. Pasta with Meat Sauce Caesar Salad Garlic Texas Toast	8. Asian Chicken Ginger Carrots Vegetable Fried Rice	9. Pizza by the Slice; Cheese, Pepperoni or Margherita Summer Squash Medley
Hot Veg. Entree		Black Bean Burger	Pasta w/ Veggie Meatballs	Asian Veggie Nuggets	Cheese or Margherita Pizza
#2	12. Mac n' Cheese; Plain or Buffalo Chicken Broccoli & Cauliflower Polonaise	13. Beef or Turkey Nachos Toppings; Shredded lettuce, Cheese Sauce, Guac, Salsa, Sour Cream Mexican Black Beans Corn Muffin	14. Chicken Cordon Bleu Sandwich Side Spinach Salad	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	Veggie "Chick" Patty Sandwich	Cheese or Vegetable Pizza	Sunbutter & Jelly Sandwich
#3	19. BBQ Pulled Pork Sandwich 3 Bean Salad Sweet Potato Fries	20. Chicken or Eggplant Parmesan Tomato Basil Pasta Italian Green Beans	21. Steak n' Cheese Sub Sauteed Onions & Peppers Side Greek Salad	22. Popcorn Chicken Bowl (Just like KFC, Creamy mashed potatoes, buttery corn and popcorn chicken topped w/gravy) Honey Wheat Biscuit	23. Pizza Maxx Sticks Marinara Sauce Side Garden Salad
Hot Veg. Entree	Black Bean Burger	Eggplant Parmesan	Veggie Meatball Sub	Veggie Nugget Bowl (no gravy)	Pizza Maxx Sticks
#4	26. No School Today Rosh Hashanah	27. Chicken Tender or Buffalo Chicken Wings Curly Fries Assorted Dipping Sauces	28. Burrito Bowl; Beef or Chicken Mexican Black Beans Cilantro Lime Rice Toppings; Salsa, Sour Cream, Guac, Shredded Cheese, Lettuce	29. Asian Chicken Vegetable Lo Mein Honey Glazed Carrots	30. Pizza Variety; Cheese or Pepperoni Fresh Broccoli Salad
Hot Veg. Entree		Veggie Nuggets	Mexican Bean Bowl	Asian Veggie Nuggets	Cheese Pizza

Fresh, chilled and/or dried fruit 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.

Harvest of the Month: *Tomatoes*