



# Hopkinton K-5 Lunch Menu: October 2022



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, email [mcondakes@hopkinton.k12.ma.us](mailto:mcondakes@hopkinton.k12.ma.us)**

**Student Breakfast: \$0.00**

**Student Lunch: \$0.00**

**Additional K-5 Entrée \$3.00**

**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
#2	3. Pasta with Spaghetti Sauce Cheese Stuffed Breadstick Cheesy Broccoli	4. Crispy Chicken Patty Sandwich Sweet Potato Fries	5.  No School Today Yom Kippur	6. All Beef Hot Dog Homemade Baked Beans Potato Chips	7. Rectangle Pizza; Cheese or Pepperoni Side Garden Salad w/Italian
Veg.Entree	Main Entree	Veg. “Chicken” Patty Sandwich		Black Bean Burger	Cheese Pizza
#3	10.  No School Today Columbus Day	11. Beef Nachos Toppings: Cheese Sauce, Salsa, Sour Cream, Shredded Lettuce Mexican Corn & Black Beans Corn Muffin	12. Mini Pancakes or Waffles Chicken Sausage Links Crispy Tater Tots Homemade Pear Crisp	13. Popcorn Chicken Assorted Dipping Sauces Honey Glazed Carrots Fresh Dinner Roll	14. K-12 Early Release Deep Dish Pizza; Cheese or Pepperoni Side Caesar Salad
Veg.Entree		Cheese Nachos	Mini Pancakes + Yogurt	Veggie Nuggets	Cheese Pizza
#4	17. Hamburger or Cheeseburger 3 Bean Salad “Dick n’ Jane” Cookies	18. Mac n’ Cheese Garlic Knot Broccoli Polonaise	19. Crispy Chicken Tenders Assorted Dipping Sauces Crinkle Fries	20. Grilled Cheese Sandwich & Tomato Soup Garlic Parm Roasted Carrots	21. Pizza by the Slice; Cheese or Pepperoni Buttery Corn
Veg.Entree	Black Bean/Veggie Burger	Main Entree	Veggie Nuggets	Main Entree	Cheese Pizza
#1	24.  No School Today Diwali	25. Chicken Nugget Combo (nuggets & mozz. sticks) Assorted Dipping Sauces Fresh Broccoli Salad	26. Meatball Sub Italian Green Beans	27. French Toast Sticks Chicken Sausage Links Hash Brown Patty Warm Cinnamon Pears	28. Pizza Variety; Cheese or Pepperoni Ginger Carrots
Veg.Entree		Veggie Nugget Combo	Veggie “Meatball” Sub	French Toast + Yogurt	Cheese Pizza
#2	31. Happy Halloween!! Bat Nuggets Smiley Fries Assorted Dipping Sauces Frankenstein Pudding Cups			Harvest of the Month: <i>Pears!</i> <i>Be sure to try some of our Pear-licious items this month!</i>	
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 with meals

This institution is an equal opportunity provider.