



Hopkinton MS Menu: February 2020



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: \$1.50



Student Lunch: \$3.25

Milk Only: \$.60

Adult Breakfast: \$2.00

Adult Lunch: \$3.75

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

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#2	3. Breaded Chicken Drumstick Loaded Mashed Potatoes Seasoned Peas & Carrots Warm Breadstick	4. Cowboy Burger Homemade Baked Beans Potato Chips	5. Chicken Nugget Combo Assorted Dipping Sauces Fresh Broccoli Salad	6. Beef Nachos Fiesta Corn Fresh Baked Cornbread	7. Pizza Variety Side Spinach Salad Crispy Tater Tots
#3	10. Rotini with Chicken Meatballs in Spaghetti Sauce Side Caesar Salad Garlic Texas Toast	11. Asian Chicken Variety Mandarin Orange or General Tso's Asian Fried Rice Roasted Broccoli Fortune Cookie	12. Steak n' Cheese Sub Sautéed Onions & Peppers Zesty Curly Fries	13. Pizza Maxx Sticks Marinara Sauce Garlic Parmesan Carrots Italian Chickpea Salad	14. Happy Valentine's Day! Mini Chocolate Chip Pancakes Sausage Links Harvest Home Fries Strawberry Shortcake 
	17. No School February Vacation!	18. No School February Vacation	19. No School February Vacation	20. No School February Vacation	21. No School February Vacation
#1	24. Italian Meatball Sub Cheesy Broccoli & Cauliflower	25. Mardi Gras!! Chicken & Sausage Jambalaya Cajun Green Beans  Cinnamon Sugar "Beignets"	26. Choice of: Grilled Chicken BLT or Crispy Fish Sandwich Crispy Crinkle Fries	27. Beef Taco Boat Cilantro Lime Rice Mexican Toppings; guac, sour cream, shredded cheese, salsa Mexican Black Beans	28. "Big Daddy's" Pizza Cheese, Pepperoni or Veggie Au Gratin Butternut Squash

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: *Butternut Squash!*