



Hopkinton High School 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: Salad Bar, Deli Bar, Selection of hot slide items, Pizza and Grab n' Go items

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#2	3. Chicken Fajita Bowl: Cilantro Lime Rice topped with Fajita seasoned chicken, sauteed onions & peppers and shredded cheese Fiesta Corn	4. Pasta with Chicken Meatballs in Spaghetti Sauce Roasted Broccoli Warm Garlic Knot	5. Grilled Cheese Sandwich with choice of Turkey Chili or Tomato Soup Parmesan Garlic Carrots	6. Chicken Nugget Combo (nuggets & mozz. sticks) Assorted Dipping Sauces Harvest Home Fries	7. Calzones Cheese or Pepperoni Side Greek Salad Crispy Crinkle Fries
#3	10. Breaded Chicken Drumstick Side of Mac n' Cheese Buttered Corn on the Cob	11. Asian Chicken Variety Mandarin Orange or General Tso's Roasted Broccoli & Cauliflower Vegetable Lo Mein Fortune Cookie	12. Beef Nachos Taco seasoned beef over corn tortilla chips with choice of toppings Mexican Toppings: Salsa, Sour Cream, Warm Cheese Sauce, Guacamole Mexican Black Beans	13. Oven Baked Chicken Tenders: Plain or Boom Boom Sauced Roasted Potato Wedges	14. Happy Valentine's Day! Pizza Maxx Sticks Marinara Sauce Side Caesar Salad 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. Steak n' Cheese Sub Sauteed Onions & Peppers Crispy Tater Tots	25. Mardi Gras!! Chicken & Sausage Jambalaya Cajun Green Beans Cinnamon Sugar "Beignets" 	26. Choice of: Grilled BBQ Chicken Sandwich w/Bacon or Crispy Fish Sandwich Baked Beans	27. Pasta with homemade Meat Sauce Cheese Stuffed Breadstick Au Gratin Butternut Squash	28. "Big Daddy's" Pizza Cheese, Pepperoni or Veggie Side Spinach Salad

All meals come with either fresh or chilled fruit (unless otherwise noted), option of a side garden salad and choice of 8oz milk (Skim white, 1% white, fat free flavored milk)

Harvest of the Month: Butternut Squash