



Hopkinton K-5 Lunch Menu: February 2020





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: \$1.50 Student Lunch: \$2.75 Additional Entrée: \$2.00 Milk Only: \$.60 8oz Water: \$.50 Adult Lunch: \$3.75

Alternate Entrees: See Alternate Meal Menu for weekly selections. **Hot Vegetarian Entrees (Pre-Order Only)** Email by 9am to: mbabin@hopkinton.k12.ma.us

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#1	3. Breakfast For Lunch! French Toast Sticks Cheesy Scrambled Eggs Potato Hash Brown 100% Fruit Juice Variety	4. Oven Baked Chicken Nuggets Assorted Dipping Sauces Sweet Potato Fries Italian Chickpea Salad	5. Mini Cheese Ravioli Side Garden Salad w/Italian Dressing Warm Garlic Knot	6. Mandarian Orange Chicken Asian Fried Rice Roasted Broccoli Mango- Coconut Rice Pudding	7. Pizza Variety! Cheese or Pepperoni Buttered Corn
	Hot Vegetarian Option: Main Entree	Hot Vegetarian Option: Breaded Veggie Nuggets	Hot Vegetarian Option: Main Entree	Hot Vegetarian Option: Black Bean Burger	Hot Vegetarian Option: Cheese Pizza
#2	10. Chicken Patty Sandwich Harvest Home Fries	11. Pasta with Chicken Meatballs Honey Glazed Carrots Garlic Texas Toast	12. Beef Taco Boats Taco Toppings: Shredded Cheese, Lettuce, Salsa, Sour Cream Cilantro Lime Rice Mexican Black Beans	13. Pizza Maxx Sticks Marinara Sauce Fresh Broccoli Salad	14. Happy Valentine's Day! Mini Chocolate Chip Pancakes Sausage links Smile Fries Strawberries & Cream Parfait 
	Hot Vegetarian Option: Vegan "Chicken" Patty Sand.	Hot Vegetarian Option: Pasta w/Cheese Stick	Hot Vegetarian Option: Black Bean Nachos	Hot Vegetarian Option: Main Entree	Hot Vegetarian Option: Main Entree w/o Sausage
	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
#3	24. Creamy Mac n' Cheese Roasted Broccoli & Cauliflower Fresh Dinner Roll	25. Mardi Gras!! Oven Roasted Chicken Drumstick Creamy Mashed Potatoes & Gravy Cajun Green Beans Cinnamon Sugar "Beignets" 	26. Choice Of: All Beef Hot Dog or Fish Sticks Baked Beans Cape Cod Potato Chips	27. Chicken Nugget Combo (Nuggets & Mozz. Sticks) Assorted Dipping Sauces Crispy Crinkle Fries	28. "Big Daddy's" Pizza Cheese, Pepperoni or Vegetable Parmesan Gratin Butternut Squash
	Hot Vegetarian Option: Main Entree	Hot Vegetarian Option: Vegan "Chicken" Patty Sandwich	Hot Vegetarian Option: Breaded Eggplant Sandwich	Hot Vegetarian Option: Veggie Nuggets + Mozz Sticks	Hot Vegetarian Option: Cheese or Vegetable Pizza

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!*