



Hopkinton MS Menu: March 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
#4	2. BBQ Boneless Pork Rib Side of Mac n' Cheese Buttered Corn on the Cob	3. <i>Asian Chicken Variety</i> Mandarin or General Tso's Asian Fried Rice Chinese Style Veggies Fortune Cookie	4. Pasta with Homemade Meat Sauce Side Caesar Salad	5. Chicken Fajitas Sautéed Onions & Peppers Cilantro Lime Rice Corn & Black Bean Salad	6. Pizzaboli (<i>NEW!</i>) Similar to a stromboli, stuffed with cheese & pizza sauce Honey Glazed Carrots Crispy Tater Tots
#2	9. Crumbled Cheeseburger Sub BBQ Baked Beans	10. Oven Baked Chicken Tenders or Fish n' Chips Zesty Curly Fries Berry Yogurt Parfait	11. Beef Nachos Nacho Toppings: Guacamole, Salsa, Sour Cream, Warm Cheese Sauce Homemade Cornbread Chipotle Corn	12. Curry Chicken over Penne (<i>NEW</i>) Roasted Parm Garlic Carrots Warm Naan	13. "Big Daddy's" Pizza Cheese, Pepperoni or Chef's Choice Side Greek Salad
#3	16. Chicken Nuggets Assorted Dipping Sauces Cheesy Broccoli & Cauliflower	17. <u>Happy St. Patrick's Day!</u> Individual Shepherd's Pie; seasoned beef layered with corn and topped with mashed potatoes  Warm Buttermilk Biscuit	18. Grilled Cheese with choice of Turkey Chili or Tomato Soup Roasted Potato Wedges	19. <u>First Day of Spring!</u> Italian Sampler: Breaded Mini Ravioli & Mozz Sticks Marinara Dipping Sauce Spring Mix Salad w/Balsamic Worms in Dirt 	20. Early Release No Lunch Today
#1	23. <i>Asian Chicken Variety</i> Mandarin or Teriyaki Fluffy Brown Rice Roasted Broccoli	24. Homemade Chicken Pot Pie Creamy Garlic Mashed Potatoes	25. Philly Cheesesteak Sautéed Onions & Peppers Roasted Chickpeas	26. Cheese Stuffed Shells; Marinara or Spinach Alfredo Side Caesar Salad Warm Garlic Knot	27. Pizza Variety Cheese, Pepperoni or Chef's Choice Buttered Corn
#4	30. Cowboy Burger Sweet Potato Fries Fresh Fruit Smoothie	31. Italian Herb Roasted Chicken Au Gratin Potatoes Stuffing	Stay tuned.... RED SOX OPENING DAY APRIL 2nd!	REMEMBER TO PRE-PAY FOR MEALS! Track transactions and pay online @ MySchoolBucks.com	Did You Know?! The Hopkinton School Nutrition Department is always hiring substitutes! Inquiry @ mbabin@hopkinton.k12.ma.us

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: *DAIRY*