



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

| Alternate Menu Week # | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| #4 | 2. BBQ Boneless Pork Ribs Side of Mac n Cheese Buttered Corn on the Cob | 3. Asian Chicken Variety Mandarin or General Tso's Roasted Broccoli Asian Fried Rice Fortune Cookie | 4. Beef Nachos Nacho Toppings: Warm cheese sauce, Guacamole, Sour Cream, Salsa Cheesy Refried Beans | 5. Curry Chicken over Penne (NEW) Maple Glazed Carrots Warm Naan | 6. Pizzaboli (NEW!) Similar to a stromboli, stuffed with cheese & pizza sauce Side Greek Salad Crispy Crinkle Fries |
| #2 | 9. Chili Cheese Fries Chipotle Corn Warm Cornbread | 10. Cheese Stuffed Shells; Marinara or Spinach Alfredo Side Caesar Salad Warm Garlic Knot | 11. Chicken Fajita Bowl Cilantro Lime Rice Mexican Black Beans | 12. Italian Beef Meatball Sub Roasted Potato Wedges Fresh Fruit Smoothie | 13. "Big Daddy's" Pizza Cheese, Pepperoni or Meat Lovers Side Garden Salad with Italian |
| #3 | 16. Asian Chicken Variety Mandarin or General Tso's Fluffy Brown Rice Chinese Style Vegetables Fortune Cookie | 17. Happy St. Patrick's Day Individual Shepherd's Pie; seasoned beef layered with corn and topped with mashed potatoes  Warm Buttermilk Biscuit | 18. Oven Baked Chicken Tenders: Plain or Boom Boom Sauced BBQ Baked Beans | 19. First Day of Spring! Spring Strawberry Salad with Grilled Chicken Worms in Dirt  Dessert Cup Texas Toast | 20. Early Release No Lunch Today |
| #1 | 23. Italian Sampler: Breaded Mini Ravioli & Mozz Sticks Marinara Dipping Sauce Roasted Broccoli | 24. Homemade Chicken Pot Pie Creamy Garlic Mashed Potatoes | 25. Crumbled Cheeseburger Sub Garlic Parmesan Carrots | 26. Chicken n' Waffle Sandwich Hash Brown Patty Berry Yogurt Parfait | 27. Pizza Variety Cheese, Pepperoni or Chef's Choice Southwest Side Salad |
| #4 | 30. Herb Roasted Chicken Au Gratin Potatoes Stuffing | 31. Philly Cheesesteak Sautéed Onions & Peppers Seasoned Fries | 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 |

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: **DAIRY!**