



# Hopkinton K-5 Lunch Menu: March 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](mailto:mbabin@hopkinton.k12.ma.us)

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#1	2. <b>Dr. Seuss Day!</b> Confetti Pancakes Green Eggs & Ham Scramble Topsy Turvy Taters Cat in the Hat Parfait 	3. Burgers Hamburger or Cheeseburger BBQ Baked Beans Cape Cod Potato Chips	4. Oven Baked Chicken Tenders Assorted Dipping Sauces Cheesy Broccoli	5. Taco & Scoops Taco Toppings: Shredded Cheese, Salsa, Sour Cream, Lettuce Fresh Baked Cornbread Fiesta Corn	6. Pizza Day! Stuffed Crust Pizza; Cheese or Pepperoni Garden Salad with Italian Dressing
	<b>Hot Vegetarian Option:</b> Main Entree w/o Eggs	<b>Hot Vegetarian Option:</b> Black Bean Burger	<b>Hot Vegetarian Option:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Option:</b> Breaded Eggplant Patty Sandwich	<b>Hot Vegetarian Option:</b> Cheese Pizza
#2	9. Italian Meatball Sub Honey Glazed Carrots	10. Popcorn Chicken or Fish Sticks Smiles Fries Berry Yogurt Parfait	11. Pasta with Spaghetti Sauce Cheese Stuffed Breadstick Roasted Broccoli	12. Mandarin Chicken Asian Fried Rice Chinese Style Veggies Fortune Cookie	13. "Big Daddy's" Pizza Cheese or Pepperoni or Peppers & Onion Seasoned Mixed Veggies
	<b>Hot Vegetarian Option:</b> Veggie "Meatballs"	<b>Hot Vegetarian Option:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Option:</b> Main Entree	<b>Hot Vegetarian Option:</b> Vegan "Chicken" Patty Sandwich	<b>Hot Vegetarian Option:</b> Cheese Pizza
#3	16. <b>Breakfast for Lunch!</b> French Toast Sticks Sausage Links Crispy Tater Tots 100% Fruit Juice Cup	17. <b>Happy St. Patrick's Day!</b> Irish Nachos; Potato wedges topped with taco seasoned beef Taco Toppings Corn Bread 	18. Oven Baked Chicken Nuggets Assorted Dipping Sauces Italian Pasta Salad Sweet Potato Fries	19. <b>First Day of Spring!</b> Grilled Cheese Sandwich with Tomato Soup Side Spring Salad Worms in Dirt Dessert 	20. <b>Early Release</b> Deep Dish Pizza Cheese or Pepperoni Buttered Corn
	<b>Hot Vegetarian Option:</b> Main Entree w/o sausage	<b>Hot Vegetarian Option:</b> Breaded Eggplant Patty Sandwich	<b>Hot Vegetarian Option:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Option:</b> Main Entree	<b>Hot Vegetarian Option:</b> Cheese Deep Dish Pizza
#1	23. Chicken Patty Sandwich Fresh Broccoli Salad	24. Pasta with Meatballs Baked Carrots	25. Breaded Chicken Drumstick Creamy Mashed Potatoes Seasoned Green Peas Buttermilk Biscuit	26. Mini Pancakes Sausage Links Hash Brown Patty Warm Cinnamon Apples	27. "Big Daddy's" Pizza Cheese or Pepperoni Chipotle Corn
	<b>Hot Vegetarian Option:</b> Vegan "Chicken" Patty Sandwich	<b>Hot Vegetarian Option:</b> Pasta w/Veggie "Meatballs"	<b>Hot Vegetarian Option:</b> Breaded Veggie Nuggets	<b>Hot Vegetarian Option:</b> Main entree w/o sausage	<b>Hot Vegetarian Option:</b> Cheese Pizza
#2	30. Mac n' Cheese Italian Green Beans Garlic Knot	31. Oven Baked Chicken Nuggets Crinkle Fries Freshly Made Fruit Smoothie	Stay tuned.... <b>RED SOX OPENING DAY</b> <b>APRIL 2nd!</b>	<b>REMEMBER TO PRE-PAY FOR MEALS!</b> Track transactions and pay online @ <a href="http://MySchoolBucks.com">MySchoolBucks.com</a>	<b>Did You Know?!</b> The Hopkinton School Nutrition Department is always hiring substitutes! Inquiry @ <a href="mailto:mbabin@hopkinton.k12.ma.us">mbabin@hopkinton.k12.ma.us</a>
	<b>Hot Vegetarian Option:</b> Main Entree	<b>Hot Vegetarian Option:</b> Breaded Veggie Nuggets			

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!**