



Hopkinton K-5 Lunch Menu: November 2022



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, email mcondakes@hopkinton.k12.ma.us

Student Breakfast: \$0.00

Student Lunch: \$0.00

Additional K-5 Entrée \$3.00

Milk Only: \$.75

Adult Lunch: \$4.00

Alternate Entrees: See "Alternative Entree Menu" for weekly selections.

Please regularly view menus on [MealViewer](#) for updates, nutritional information and allergy alerts

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#2	31. Happy Halloween!! Bat Nuggets Smiley Fries Assorted Dipping Sauces Frankenstein Pudding Cups	1. Beef Nachos Chipotle Corn Toppings: Salsa, Sour Cream, Cheese Sauce Corn Muffin	2. Pasta with Spaghetti Sauce Cheese Stuffed Breadstick Roasted Broccoli	3. Crispy Chicken Patty Sandwich BBQ Baked Beans Taste Test: Kale Chips	4. K-5 Early Release Deep Dish Pizza; Cheese or Pepperoni Honey Glazed Carrots
Veg. Entree	Veggie Nuggets	Cheese Nachos	Main Entree	Veggie "Chicken" Patty	Cheese Pizza
#3	7. Mini Waffles/Pancakes Chicken Sausage Links Hash Brown Patty 100% Juice Cup	8. No School Today	9. Stuffed Crust Pizza; ; Cheese or Pepperoni Kale Caesar Salad	10. "Star" Chicken Nuggets Assorted Dipping Sauces Sweet Potato Fries Patriotic Yogurt & Fruit Parfait	11. No School Today Veteran's Day 
Veg. Entree	Waffles + Yogurt		Cheese Pizza	Veggie Nuggets	
#4	14. Hamburger or Cheeseburger Smiley Fries	15. Mac n' Cheese Italian Green Beans Texas Toast	16. All Beef Hot Dog Baked Beans Relish, Ketchup, Mustard Potato Chips	17. Thanksgiving Dinner Roasted Turkey & Gravy Bread Stuffing Maple Carrots Turkey Shaped Cookie	18. Pizza by the Slice; Cheese or Pepperoni Side Garden Salad
Veg. Entree	Veggie/Black Bean Burger	Main Entree	Veggie Hot Dog	Veggie Nuggets	Cheese Pizza
#1	21. French Toast Sticks Crispy Tater Tots Cheesy Scrambled Eggs 100% Juice Cup	22. Chicken Tenders Assorted Dipping Sauces Seasoned Peas & Carrots Dick n' Jane Cookies	23. K-12 Early Dismissal No Lunch Service Today	24. 	25. No School Today
Veg. Entree	Main Entree	Veggie Nuggets			
#2	28. Chicken Patty Sandwich Cheesy Broccoli	29. Grilled Cheese Sandwich & Tomato Soup Roasted Potato Wedges	30. Beef Nachos Mexican Corn & Black Beans Corn Muffin Nacho Toppings; Cheese Sauce, Salsa, Sour Cream, Lettuce		Harvest of the Month: Kale! <i>Be sure to try some of our Kale-icious items this month!</i>
Veg. Entree	Veggie "Chicken" Patty	Main Entree	Cheese Nachos		

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 with meals