



Hopkinton HS Menu: November 2022



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: \$0.00 Student Lunch: \$0.00 Milk Only: \$.75 Non-reimbursable Meal: \$3.50 Adult Breakfast: \$2.00 Adult Lunch: \$4.00

Available Daily: Deli Bar, Pre-Made Salads/Wraps/Sandwiches, Hot Slide Items (*View Alternative Meal 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
#1	31. Happy Halloween! Popcorn Chicken Bowl Honey Wheat Biscuit Frankenstein Pudding Cup	1. Beef Nachos Mexican Black Beans Corn Muffin Nacho Toppings; sour cream, salsa, guacamole, cheese sauce	2. Chicken or Eggplant Parmesan Tomato Basil Pasta Kale Caesar Salad	3. Grilled Chicken BLT Roasted Broccoli & Cauliflower	4. Pizza by the Slice: Cheese, Pepperoni or Garlic Kale Side Garden Salad w/ Italian
Hot Veg. Entree	Veggie Nugget Bowl	Black Bean Nachos	Eggplant Parmesan	Veggie Patty Sandwich	Cheese or Kale Pizza
#2	7. Cowboy Burger Baked Beans Potato Chips	8. No School Today	9. Crispy Chicken Tenders Fresh Dinner Roll Sweet Potato Fries Assorted Dipping Sauces	10. Deep Dish Pizza; Cheese or Pepperoni Side Garden Salad w/ Italian Patriotic Yogurt & Berry Parfait	11. No School Today Veterans Day 
Hot Veg. Entree	Black Bean/Veg Burger		Veggie Nuggets	Cheese Pizza	
#3	14. Asian Chicken Vegetable Fried Rice Ginger Carrots	15. Dutch Waffle Berry Sauce Chicken Sausage Links Tater Tots	16. Mac n' Cheese Garlic Knot Italian Green Beans	17. <i>Thanksgiving Dinner</i> Roasted Turkey & Gravy Bread Stuffing Roasted Brussel Sprouts Homemade Apple Crisp	18. Pizza Variety; Cheese or Pepperoni Side Greek Salad
Hot Veg. Entree	Asian Veggie Nuggets	Waffle + 4oz Yogurt	Main Entree	Breaded Eggplant w/Sides	Cheese Pizza
#4	21. Steak n' Cheese Sub Sauteed Onions & Peppers Roasted Potato Wedges	22. Chicken Nugget Combo Apple Cinnamon Muffin Assorted Dipping Sauces Seasoned Peas & Carrots	23. K-12 Early Dismissal No Lunch Service Today	24. 	25. No School Today
Hot Veg. Entree	Veggie or Black Bean Burger	Veggie Nugget Combo			
#1	28. Pasta w/Meatballs Cheesy Broccoli Texas Toast	29. Chicken & Vegetable Dumpling Vegetable Fried Rice Ginger Soy Sauteed Kale Fortune Cookie	30. Irish Nachos Mexican Black Beans Corn Muffin Nacho Toppings	Join us for Free Breakfast! Available Daily 7:30-9	Harvest of the Month: <i>Kale!</i> Be sure to try some of our <i>Kale-icious</i> items this month!
Hot Veg. Entree	Pasta w/veggie "meatballs"	Veggie Nuggets	Black Bean 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

This institution is an equal opportunity provider.