



Hopkinton MS 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! Bat Nuggets Assorted Dipping Sauces Smiley Fries Frankenstein Pudding Cup	1. Pasta with Meatballs Texas Toast Kale Caesar Salad	2. Irish Nachos Mexican Black Beans Corn Muffin Nacho Toppings	3. Grilled Chicken BLT Roasted Broccoli & Cauliflower	4. Pizza by the Slice: Cheese, Pepperoni or Garlic Kale Buttered Corn
Hot Veg. Entree	Veggie Nuggets	Pasta w/ Veggie Meatballs	Cheese Fries	Veg."Chicken" Patty Sandwich	Cheese or Kale Pizza
#2	7. Cowboy Burger or Turkey Burger Baked Beans Potato Chips	8. No School Today	9. Teriyaki Chicken Dippers Vegetable Fried Rice Ginger Soy Sauteed Kale	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	Veggie/BB Burger		Teriyaki "Chicken" Nuggets	Cheese Pizza	
#1	14. Croissant Breakfast Sandwich; Egg & Cheese or Chicken Sausage, Egg & Cheese Emoji Fries	15. Crispy Chicken Tenders Fresh Dinner Roll Sweet Potato Fries Assorted Dipping Sauces	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	Egg & Cheese Croissant	Veggie Chicken Nuggets	Main Entree	Breaded Eggplant w/ Sides	Cheese Pizza
#2	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	Black Bean/Veg Burger	Veggie Nugget Combo			
#1	28. Cheese Lasagna Rollups Texas Toast Cheesy Broccoli	29. Chicken & Vegetable Dumpling Vegetable Fried Rice Ginger Carrots	30. Beef Nachos Mexican Black Beans Corn Muffin Nacho Toppings	Join us for Free Breakfast! Available Daily 7:30-8am	Harvest of the Month: <i>Kale!</i> <i>Be sure to try some of our Kale-icious items this month!</i>
Hot Veg. Entree	Main Entree	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.