



# Hopkinton K-5 Lunch Menu: December 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](mailto: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
<b>#2</b>	11/28. Chicken Patty Sandwich Cheesy Broccoli	11/29. Grilled Cheese Sandwich & Tomato Soup Roasted Potato Wedges	11/30. Beef Nachos Mexican Corn & Black Beans Corn Muffin Nacho Toppings; Cheese Sauce, Salsa, Sour Cream, Lettuce	1. Popcorn Chicken Assorted Dipping Sauces Loaded Mashed Potatoes Texas Toast	2. <i>K-5 Early Release</i> 4 x 6 Pizza; Cheese or Pepperoni Baked Carrots
Veg. Entree	<b>"Chicken" Patty Sandwich</b>	<b>Main Entree</b>	<b>Cheese Nachos</b>	<b>Veggie Chicken Nuggets</b>	<b>Cheese Pizza</b>
<b>#3</b>	5. Hamburger or Cheeseburger BBQ Baked Beans Potato Chips	6. Chicken Tenders Assorted Dipping Sauces Sweet Potato Fries	7. Pasta with Spaghetti Sauce Cheese Stuffed Breadstick Roasted Broccoli	8. Mini Pancakes/Waffles Tater Tots Chicken Sausage 100% Juice Cup	9. Stuffed Crust Pizza; Cheese & Pepperoni Buttered Corn
Veg. Entree	<b>Veggie Burger</b>	<b>Veggie Chicken Nuggets</b>	<b>Main Entree</b>	<b>Mini Pancakes w/4oz Yogurt</b>	<b>Cheese Pizza</b>
<b>#4</b>	12. All Beef Hot Dog Smile Fries Hot Dog Condiments	13. Chicken Nugget Combo Assorted Dipping Sauces Garlic Parm Carrots	14. Beef Nachos Mexican Black Beans Corn Muffin	15. Mac n' Cheese Side Garden Salad w/ Italian Warm Garlic Knot	16. Pizza by the Slice; Cheese or Pepperoni French Fry Variety
Veg. Entree	<b>Veggie Hot Dog</b>	<b>Veg. Chicken Nugget Combo</b>	<b>Cheese or Black Bean Nacho</b>	<b>Mac n' Cheese</b>	<b>Cheese Pizza</b>
<b>#1</b>	19. Wild Mike's Cheesy Bites with Marinara Honey Glazed Carrots	20. French Toast Sticks Chicken Sausage Warm Cinnamon Pears Hashbrown	21. Pasta with Italian Meatballs Italian Green Beans Fresh Dinner Roll w/Butter	22. Winter Chicken Nuggets Assorted Dipping Sauces Italian Chickpea Pasta Salad "Snowball" Donut Holes	23. Pizza Variety; Cheese or Pepperoni Chef Choice Vegetable
Veg. Entree	<b>Main Entree</b>	<b>French Toast Sticks &amp; 4oz Yogurt</b>	<b>Pasta with Veggie Meatballs</b>	<b>Veggie Nuggets</b>	<b>Cheese Pizza</b>
	<b>12/26 -1/2/23 Winter Vacation No School</b>	<b>12/26 -1/2/23 Winter Vacation No School</b>	<b>12/26 -1/2/23 Winter Vacation No School</b>	<i>Remember to prepay for a la carte items via <a href="http://MySchoolBucks.com">MySchoolBucks.com</a></i>	<b>Harvest of the Month: <i>Carrots</i></b>

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