



Hopkinton MS Menu: December 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	11/28. Cheese Lasagna Rollups Texas Toast Cheesy Broccoli	11/29. Chicken & Vegetable Dumpling Vegetable Fried Rice Ginger Carrots	11/30. Beef Nachos Mexican Black Beans Corn Muffin Nacho Toppings	1. Crispy Chicken Tenders Assorted Dipping Sauces French Fries Dick n' Jane Educational Cookies	2. Pizza by the Slice: Cheese, Pepperoni or Hawaiian Side Spinach Salad
Hot Veg. Entree	Main Entree	Veggie Nuggets	Black Bean Nachos	Veggie Nuggets/Tenders	Cheese Pizza
#2	5. Mini Waffles/Pancakes Chicken Sausage Link Home Fries	6. Chicken or Eggplant Parmesan Buttered Noodles Kale Caesar Salad	7. NEW! WALDEN LOCAL Fresh Beef Burgers ; Cheese or Plain Onion Rings Homemade Baked Beans	8. Herb Roasted Chicken Loaded Mashed Potatoes Gravy Bread Stuffing	9. Stuffed Crust Pizza; Cheese, Pepperoni or Vegetable Baked Carrot
Hot Veg. Entree	Main Entree w/ yogurt	Eggplant Parmesan	Veggie Burger	Veggie Nuggets	Cheese or Veggie Pizza
#1	12. Chicken Nugget Combo Assorted Dipping Sauces Cheesy Broccoli	13. BBQ Pulled Pork Sandwich or Crispy Fish Sandwich Cole Slaw Fiesta Corn	14. Irish Nachos Mexican Black Beans Corn Bread	15. Chicken n' Biscuits Creamy Mashed Potatoes Fresh Baked Cookie	16. Pizza Maxx Sticks Marinara Sauce Side Greek Salad
Hot Veg. Entree	Veggie Nugget Combo	Black Bean/Veggie Burger	Cheese Fries	Veg. "Chick" Patty Sandwich	Main Entree
#2	19. Crispy Chicken Tender Assorted Dipping Sauces Garlic Parm Carrots Fresh Dinner Roll & Butter	20. Dutch Waffle Warm Cinnamon Pear Topping New! Walden Local Pork Breakfast Sausage Links Crispy Tater Tots	21. NEW! WALDEN LOCAL Italian Sausage Grinder w/ Peppers & Onions OR Double Beef Hot Dogs BBQ Baked Beans Potato Chips	22. Mac n' Cheese; Plain OR Buffalo Chicken Italian Green Beans Texas Toast	23. Pizza Variety; Cheese or Pepperoni Chef Choice Vegetable "Snowball" Donut Holes
Hot Veg. Entree	Veggie Nugget/Tender	Main Entree + 4oz Yogurt	Black Bean/Veggie Burger	Plain Mac n' Cheese	Cheese Pizza
	12/26 -1/2/23 Winter Vacation No School	Walden LOCAL A new collaboration with Walden Local fresh meats will be showcased this month! Check out the district website for more details		29. Join us for Free Breakfast! Available Daily 7:30-8am	30. Harvest of the Month: Carrots

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.