



Hopkinton HS 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. Pasta w/Meatballs Cheesy Broccoli Texas Toast	11/29. Chicken & Vegetable Dumpling Vegetable Fried Rice Ginger Soy Sautéed Kale Fortune Cookie	11/30. Irish Nachos Mexican Black Beans Corn Muffin Nacho Toppings	12/1. Crispy Chicken Tenders Assorted Dipping Sauces French Fries	2. Pizza by the Slice: Cheese, Pepperoni or Hawaiian Side Spinach Salad
Hot Veg. Entree	Pasta w/veggie “meatballs”	Veggie Nuggets	Black Bean Nachos	Veggie Nuggets/Tenders	Cheese Pizza
#2	5. BBQ Pulled Pork Sandwich Cole Slaw Sweet Potato Fries	6. Popcorn Chicken Bowl Warm Buttermilk Biscuit	7. NEW! WALDEN LOCAL Fresh Beef Burgers; Cheese or Plain Onion Rings Homemade Baked Beans	8. Mac n’ Cheese; Plain or Buffalo Chicken Fresh Dinner Roll w/ Butter Italian Green Beans	9. French Bread Pizza; Cheese, Pepperoni or Garlic Cheese Side Greek Salad
Hot Veg. Entree	Veggie/Black Bean Burger	Veggie Nugget Bowl	Veggie “Griller” Burger	Mac n’ Cheese	Cheese or Garlic Pizza
#3	12. Asian Chicken Vegetable Fried Rice Ginger Carrots Fortune Cookie	13. Dutch Waffle Warm Cinnamon Pear Topping New! Walden Local Pork Breakfast Sausage Links Crispy Tater Tots	14. Chicken or Eggplant Parmesan Buttered Noodles Cheese Stuffed Breadstick Roasted Broccoli & Cauliflower	15. NEW! WALDEN LOCAL Italian Sausage Grinder w/ Peppers & Onions OR Crispy Fish Sandwich BBQ Baked Beans Potato Chips	16. Pizza Maxx Sticks Marinara Sauce Side Kale Caesar Salad
Hot Veg. Entree	Asian Veggie Chicken	Dutch Waffle + 4oz Yogurt	Eggplant Parmesan	Veggie/Black Bean Burger	Pizza Maxx Sticks
#4	19. Brunch for Lunch French Toast Sticks Cheesy Scrambled Eggs Potato Hash Brown Patty	20. Chicken Enchilada Empanada Southwest Side Salad Mexican Black Beans	21. Pasta with Meat Sauce Warm Garlic Knot Cheesy Broccoli	22. Chicken Nugget Combo (<i>nuggets & mozz. sticks</i>) Assorted Dipping Sauces Buttered Corn	23. Pizza Variety; Cheese or Pepperoni Chef Choice Vegetable “Snowball” Donut Holes
Hot Veg. Entree	French Toast Sticks	Veg. “Chick” Patty Sandwich	Pasta with Veggie Meatballs	Veggie Nugget Combo	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 7:30-9	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