



Hopkinton K-5 Lunch Menu: August/September 2023



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

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
#1	REMEMBER TO PREPAY FOR MEALS! Track transactions and pay online @ MySchoolBucks.com	WELCOME BACK TO SCHOOL	8/30. Crispy Chicken Nuggets Assorted Dipping Sauces Smiley Fries	8/31 Deep Dish Pizza; Cheese or Pepperoni Side Garden Salad Fresh Baked Cookie	1. No School Today
Veg. Entree			Veggie Nuggets	Cheese Pizza	
#1	4. No School Today Labor Day	5. Hamburger or Cheeseburger BBQ Baked Beans Chat Snax Grahams	6. Chicken Tenders Assorted Dipping Sauces Sweet Potato Fries	7. Beef Nachos Nacho Toppings; Salsa, Sour Cream, Shredded Lettuce Fiesta Corn	8. Pizza by the Slice: Cheese or Pepperoni Fresh Cucumber & Tomato Salad
Veg. Entree		Veggie Griller Burger	Veggie Nuggets	Cheese Nachos	Cheese Pizza
#2	11. Crispy Chicken Patty Sandwich Honey Glazed Carrots	12. Mini Pancakes Sausage Links Tater Tots Yogurt & Fruit Parfait	13. Pasta with Spaghetti Sauce Cheese Stuffed Breadstick Cheesy Broccoli	14. Hot Dog with Toppings Mexican Corn & Black Beans Potato Chips	15. Early Release K-12 Stuffed Crust Pizza; Cheese or Pepperoni <i>Taste Test: Margherita Pizza</i> Side Garden Salad w/ Italian
Veg. Entree	Veg. "Chick" Patty Sandwich	Pancakes + Yogurt	Main Entree	Veggie Griller Burger	Cheese or Margherita Pizza
#3	18. Popcorn Chicken Assorted Dipping Sauces Seasoned Peas & Carrots Honey Wheat Biscuit	19. Italian Sampler; Meatballs & Mozzarella Sticks Side Caesar Salad	20. "Fried" Chicken Drumstick Creamy Mashed Potatoes Gravy Homemade Cornbread	21. Mac n' Cheese Italian Green Beans Texas Toast	22. 4 x 6 Pizza; Cheese or Pepperoni Broccoli & Cauliflower Polonaise
Veg. Entree	Veggie Nuggets	Veggie Meatballs + Mozz Sticks	Veg. "Chick" Patty Sandwich	Main Entree	Cheese Pizza
#4	25. No School Today Yom Kippur	26. French Toast Sticks Chicken Sausage Links Hash Brown Patty 100% Juice Cup	27. Cheese Stuffed Breadsticks with Tomato Soup Maple Carrots	28. Taco & Scoops Gallo Pinto (Rice n' Beans) Chipotle Corn Taco Toppings	29. Pizza Variety: Cheese or Pizza Side Garden Salad w/ Italian Pudding Parfaits
Veg. Entree		French Toast + Yogurt	Main Entree	Plant Based Taco & Scoops	Cheese Pizza

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

Harvest of the Month: *Tomatoes!*