



Hopkinton MS Menu: August/September 2023



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	REMEMBER TO PREPAY FOR MEALS! Track transactions and pay online @ MySchoolBucks.com	WELCOME BACK TO SCHOOL	8/30 Crispy Chicken Tenders; Plain or Boom Boom Sidewinder Fries Assorted Dipping Sauces	8/31 Deep Dish Pizza; Cheese or Pepperoni Side Garden Salad Fresh Baked Cookie	1. No School Today
Hot Veg. Entree			Veggie Nuggets	Cheese Pizza	
#2	4. No School Today Labor Day	5. Breakfast for Lunch Mini Pancakes Chicken Sausage Links Tater Tots	6. Chicken Nugget Combo (Nuggets + Mozz Sticks) Assorted Dipping Sauces Garlic Parmesan Carrots	7. Beef Nachos Toppings; Shredded lettuce, Cheese Sauce, Guac, Salsa, Sour Cream Mexican Black Beans Corn Muffin	8. Pizza by the Slice; Cheese, Pepperoni or Margherita Cheesy Broccoli
Hot Veg. Entree		Pancakes + Yogurt	Veggie Nugget Combo	Plant Based Nachos	Cheese or Margherita Pizza
#1	11. General Tso's Chicken Ginger Carrots Asian Fried Rice Fortune Cookie	12. Walden Farms FreshBurger; Plain or Cheese BBQ Baked Beans Oven Baked Onion Rings	13. Mac n' Cheese; Plain or Buffalo Chicken Texas Toast Side Caesar Salad	14. French Bread Pizza; Cheese, Pepperoni or Vegetable Cucumber Tomato Salad	15. Early Release K-12 Pre-Order Bagged Lunches To-Go
Hot Veg. Entree	General Tso's Veg. Nuggets	Veggie Griller Burger	Plain Mac n Cheese	Cheese or Vegetable Pizza	
#2	18. Steak n' Cheese Sub 3 Bean Salad Sweet Potato Crinkle Fries	19. Chicken or Eggplant Parmesan Tomato Basil Pasta Roasted Broccoli	20. Breakfast for Lunch Maple Glazed French Toast Chicken Sausage Links Harvest Home Fries	21. "Fried" Chicken Drumstick Assorted Dipping Sauces Loaded Mashed Potatoes Honey Wheat Biscuit	22. Stuffed Crust Pizza; Cheese or Pepperoni Buttered Corn
Hot Veg. Entree	Veggie Griller Burger	Eggplant Parmesan	Egg & Cheese Croissant	Veggie Nuggets	Cheese Pizza
#1	25. No School Today Yom Kippur	26. Italian Meatball Sub Cheesy Broccoli & Cauliflower	27. Tangerine Chicken Vegetable Lo Mein Parley Carrots Fortune Cookie	28. Irish Nachos Mexican Corn & Black Beans Fresh Baked Cornbread	29. Pizza Variety; Cheese or Pepperoni Side Greek Salad
Hot Veg. Entree		Veggie Meatball Sub	Tangerine Veggie Nuggets	Plant Based Irish Nachos	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

Harvest of the Month: *Tomatoes*