



Hopkinton K-5 Lunch Menu: October 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
#2	2. ABC/123 Chicken Nuggets Smiley Fries Cheddar Goldfish Crackers Assorted Dipping Sauces	3. Hamburger or Cheeseburger Vegetarian Baked Beans	4. Pizza by the Slice: Cheese or Pepperoni Cheesy Broccoli	5. Orange Chicken Vegetable Fried Rice Ginger Carrots Fortune Cookie	6. Pizza Crunchers Garden Salad w/Italian
Veg.Entree	Veggie Nuggets	Veggie Griller Burger	Cheese Pizza	Orange Veggie Nuggets	Main Entree
#3	9. No School Today	10. Mini Pancakes Chicken Sausage Links Crispy Tater Tots Warm Cinnamon Pears	11. Deep Dish Pizza; Cheese or Pepperoni Italian Green Beans	12. Beef Nachos Mexican Corn & Black Beans Mini Corn Muffin	13. Pasta with Spaghetti Sauce Cheese Filled Breadstick Side Caesar Salad
Veg.Entree		Pancakes + Yogurt	Cheese Pizza	Plant Based Nachos	Main Entree
#1	16. Chicken Nugget Combo Assorted Dipping Sauces Sweet Potato Fries	17. Beef Hot Dog w/ Toppings BBQ Baked Beans Fresh Baked Cookie	18. Rectangle Pizza: Cheese or Pepperoni Fiesta Corn	19. Mac n' Cheese Broccoli & Cauliflower Polonaise Warm Garlic Knot	20. K-12 Early Release Chicken Tenders Crinkle Fries Assorted Dipping Sauces
Veg.Entree	Veggie Nugget Combo	Veggie Griller Burger	Cheese Pizza	Main Entree	Veggie Nuggets
#2	23. Chicken Patty Sandwich Fresh Veggie Sticks & Ranch Lays Potato Chips	24. Irish Nachos (Beef taco meat, cheese sauce over potato wedges) Chipotle Corn Mini Corn Muffin	25. Pizza by the Slice; Cheese or Pepperoni Italian Chickpea Salad	26. Popcorn Chicken Assorted Dipping Sauces Seasoned Peas & Carrots Warm Biscuit	27. Mini Waffles Chicken Sausage Links Hash Brown Patty Pear Crisp
Veg.Entree	Veg. "Chicken" Patty Sandwich	Plant Based Nachos	Cheese Pizza	Veggie Nuggets	Waffles + Yogurt
#3	30. Hamburger or Cheeseburger BBQ Baked Beans	31. Happy Halloween! Bat Nuggets Sweet Potato Waffle Fries Frankenstein Pudding Cup	K-5 Alternative Meal Menu has CHANGED! Please view the new menu on the district website!	** IMPORTANT K-5 MENU CHANGE** Pizza will now be on <u>WEDNESDAYS!!!</u>	
Veg.Entree	Veggie Griller Burger	Veggie Nuggets			

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: Pears

This institution is an equal opportunity provider.