



K-5 Lunch Menu: OCTOBER 2026



Every student is entitled to one reimbursable breakfast and one reimbursable lunch each school day. Please note that additional items—including extra entrees, a la carte snacks, individual milks, non-reimbursable meals, and adult meals—are not included in the Universal Free Meal Program and will be billed separately.

Fresh, chilled and/or dried fruit and a choice of 8oz milk (1% white & fat free chocolate milk) are all offered daily with meals (included with the reimbursable meal)

For any food allergies, please ensure documentation is on file with both the school nurse and the School Nutrition Director; mcondakes@hopkinton.k12.ma.us

Reimbursable Student Breakfast: \$0.00

Reimbursable Student Lunch: \$0.00

Milk Only: \$.75

Adult Lunch: \$5.50

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	Harvest of the Month: Pears 			1. French Toast Sticks Chicken Sausage Links Crispy Tater Tots 100% Juice Cup	2. Burgers Plain or Cheeseburger Baked Beans Sweet Potato Crinkle Cut Fries
Veg.Entree				French Toast+Plant Based Sausage	Veggie Griller Burger
#2	5. “Fried” Chicken Drumstick Loaded Mashed Potatoes Gravy Buttermilk Biscuit	6. Beef Nachos Mexican Black Beans Homemade Corn Bread Salsa, Sour Cream, Cheese Sauce	7. “Bold” Pizza by the Slice Cheese or Pepperoni Cheesy Broccoli	8. Chicken Tenders Curly Fries Side Garden Salad w/ Homemade Italian Dressing	9. K-5 Early Release Pizza Crunchers Roasted Butternut Squash Raw Veggies w/Homemade Ranch
Veg.Entree	Veg. “Chick” Patty Sandwich	Black Bean Nachos	Cheese Pizza	Plant Based Tenders	Main Entree
#3	12. No School Columbus day	13. Pancake Puffs Chicken Sausage Links Crispy Tater Tots 100% Juice Cup	14. Deep Dish Pizza Cheese or Pepperoni Side Caesar Salad	15. Beef Hot Dog Maple Baked Chickpeas Onion Rings	16. Pasta with Meat Sauce Garlic Breadstick Pesto Vegetable Medley
Veg.Entree		Pancake Puffs + Plant Based Sausage	Cheese Pizza	Plant Based Hot Dog	Pasta with Veggie Meatballs
#1	19. Chicken Parm Sandwich Roasted Garlic Parm Carrot Fresh Baked Cookie	20. Breakfast Sandwich on Croissant Bacon Egg & Cheese Harvest Homefries	21. “Primo”Pizza by the Slice Cheese or Pepperoni Seasoned Mixed Vegetables	22. Mandarin Chicken Asian Broccoli Garlic Ginger Rice Fortune Cookie	23. Mexican Chicken Quesadillas Ranch Style Black Beans Sour Cream/Salsa Warm Homemade Pear Crisp
Veg.Entree	Eggplant Parm Sandwich	Egg & Cheese Croissant	Cheese Pizza	Honey Garlic Tofu	Black Bean & Cheese Quesadilla
#2	26. Popcorn Chicken Bowl Fresh Dinner Roll	27. Chicken Meatball Sub Chickpea Pasta Salad	28. Stuffed Crust Pizza Cheese or Pepperoni Roasted Carrot Fries	29. BooBerry Muffin Meal Homemade Blueberry Muffin 4oz Yogurt Cup Potato Hashbrowns	30. Bat Shaped Nuggets w/ Mac and Cheese Pear Mandarin Spinach Salad Chocolate Cake w. Frosting
Veg.Entree	Vegetarian Nugget Bowl	Veg. Meatball Sub	Cheese Pizza	Main Entree	Plant Based Tenders & Mac

This institution is an equal opportunity provider.