



Hopkinton MS 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 free 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

Non-reimbursable Meal: \$3.50

Adult Breakfast/Lunch: \$2.00/\$5.50

Available Daily: Pre-Made Salads/Sandwiches/Boxed Meals, Hot Slide Items (*View Alternative Meal Menu for Weekly Selections*)

Please regularly view menus on [MealViewer](#) for updates, nutritional information and allergy alerts

Alt. Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#1	Harvest of the Month: Pears 			1. Boneless Wing Bar Garlic Parm, Buffalo, Plain Roasted Potato Wedges w/ Chipotle Ranch Dip	2. Chicken Fajita Bowl Fajita Vegetables Gallo Pinto (Rice n' Beans) Sour Cream/Guac
Veg. Entree				Plant Based Tenders	Fajita Tofu Veggie Bowl
GF				GF Chicken Tenders	Main Entree
#2	5. "NY Deli" Italian, Turkey, Buffalo Chicken Lettuce, Tomato, Onion, Pickle Crudite w/ Hummus, Lays Chips	6. Crispy Chicken BLT Seasoned Sidewinder Fries Broccoli Salad	7. Pizza Maxx Sticks Marinara Dipping Sauce Roasted Butternut Squash	8. Pasta Bar Meat Sauce or Vegetable Primavera Breadstick Side Caesar Salad	9. Teriyaki Chicken Bowl w/ Pineapple Salsa Garlic Ginger Rice Sauteed Green Beans
Veg. Entree	Caprese Sandwich	Veggie Griller Burger	Main Entree	Vegetable Primavera	Veg/Tofu Teriyaki Bowl
GF	GF Deli Sandwich	GF Grilled Chicken BLT	GF Pizza	GF Pasta w/meat sauce	Main Entree
#3	12. No School Columbus day	13. Lasagna Roll Up Chicken Meatballs Side Greek Salad Texas Toast	14. Homemade NY Pizza Cheese or Super Veggie Spicy Carrot Salad	15. General Tso Chicken Vegetable Lo Mein Chinese Style Vegetables Fortune Cookie	16. Steak and Cheese Sub Curly Fries Baked Beans Warm Pear Crisp
Veg. Entree		Entree w. veg Meatballs	Main Entree	Honey Garlic Tofu	Spicy Black Bean Burger
GF		GF Pasta w/Chic Meatballs	GF Pizza	Honey Garlic Tofu w/ brown rice	GF Steak and Cheese
#1	19. Popcorn Chicken Bowl Fresh Dinner Roll	20. Beef Nachos Mexican Corn and Black Beans Cilantro Lime Rice Sour Cream/Guac/Fresh Pico	21. Stuffed Crust Pizza Cheese, Pepperoni Roasted Carrot Fries	22. Grilled Chicken Caesar Salad Plain or Buffalo Garlic Knot	23. Breakfast for Lunch Dutch Waffle w/ Berry Sauce Western Frittata Harvest Homefries
Veg. Entree	Veggie Nugget Bowl	Black Bean Nachos	Main Entree	Caesar Salad w/ Veg. "Chic" Patty	Entree w/ Veg Frittata
GF	GF Tenders	Main Entree	GF Pizza	GF Entree w/ GF Roll	GF Pancakes w/ Frittata
#2	26. "Fried" Chicken Drumsticks Herbed Stuffing Corn on the Cob	27. Grilled Cheese Minestrone Soup Pear Mandarin Spinach Salad	28. Homemade NY Pizza Cheese, Spinach and Feta Chickpea Salad	29. Burger Bar Sweet Potato Fries	30. Mac and Cheese BBQ Pulled Pork, Plain Garlic Green Beans Chocolate Cake w. Frosting
Veg. Entree	Plant Based "Chic" Patty Sandwich	Main Entree	Main Entree	California Burger	Mac n' Cheese
GF	GF Roasted Drumstick	GF Grilled Cheese w. GF soup	GF Pizza	GF Burger Bar	GF Pasta w/ Cheese Sauce

This institution is an equal opportunity provider.

