











	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Field of Greens Salad &amp; Soup</b> V options daily	Vermont Cheese Soup & Salad Bar	MCA TESTING	Chicken Wild Rice Soup & Salad Bar	Salad Bar	NO SCHOOL
 <b>The Grill</b> V options daily	Hamburger/Cheeseburger or Veggie Burger Baked Beans	MCA TESTING	Pulled Chicken Sandwich w/ Coleslaw & Pickled Cauliflower	Cheeseburger/Hamburger Chickpea Tomato Salad	NO SCHOOL
 <b>The Royal Diner</b>	Build a Burrito	MCA TESTING	Meatloaf w/ Mashed Potatoes & Gravy Green Beans	Build a Burrito	NO SCHOOL
 <b>Ethnic Station</b>	Meat or Veggie Chili	Breakfast Bar	Spice Rubbed Tilapia Lemon Barley Pilaf Seasoned Green Beans	Turkey Teriyaki over Brown Rice	NO SCHOOL
 <b>Tuscan Oven: Pizza</b> V options daily	Margharita	MCA TESTING	Margharita	Hawaiian Ω	NO SCHOOL
 <b>Tuscan Oven: Pasta</b> V options daily	Pasta Milano	MCA TESTING	Lasagna Broccoli	Chicken Fajita Pasta	NO SCHOOL
 <b>Royal Rock Cafe</b> V options daily	Grilled Cheese	MCA TESTING	Grilled Cheese	Grilled Cheese	NO SCHOOL
 <b>Health Nut Deli</b> V options daily	<b>Freshly made-to-order sandwiches from a selection of:</b> Ham, Roast Beef, Turkey, Tuna Salad, Sliced Chicken, Cheddar, Pepper Jack or Colby Cheese. <b>Toppings may include:</b> Crispy Lettuce, Baby Spinach, Sliced Tomatoes, Dill Pickles, Black Olives, Jalapeños, Red Onion, Shredded Parm and Cucumbers				

**Available Daily for all Food Stations:**  
Fresh Fruit & Vegetable Bar,  
Choice of Skim or 1% Milk

 =vegetarian option available

**Start Smart**  
**Breakfast Served Every Day**  
We serve a variety of entrees with fruit/vegetable and juice and/or milk. **Hours: 7:00 a.m. - 8:00 a.m.**  
Ω = Contains pork

**Meal Prices:**

Full Pay Lunch Price: \$3.45  
Full pay Breakfast Price: \$1.75

\*Must have SY 18-19 approved application and the students must choose a reimbursable meal to qualify. If a student chooses to bring a meal from home, they must pay for their milk which costs \$0.55; meal benefits DO NOT apply. A new application must be filled out each school year: 952-988-4060 or www.hopkinsschools.org.

**Special Diet Requests**

If your child requires a special diet or lactose free milk and you would like Nutrition and Lifestyle Services to make an accommodation, please contact 952-988-4060

**This institution is an equal opportunity employer and provider.**