











	Monday	Tuesday	Wednesday	Thursday	Friday
 Field of Greens Salad & Soup V options daily	Vermont Cheese Soup & Salad Bar	Salad Bar	Chicken Wild Rice Soup & Salad Bar	Salad Bar	Thai Spiced Tomato Soup & Salad Bar
 The Grill V options daily	Hamburger/Cheeseburger or Veggie Burger Three Bean Baked Beans	Thai Chicken Breast w/ Cilantro Lime Rice Broccoli	Baked Fish Po'Boy w/ Cajun Remoulade Corn	Cheeseburger/ Hamburger Veggie Burger Roasted Potato Salad	Honey Balsamic Pulled Pork Sandwich Ω Sweet Potato Wedges
 The Royal Diner	Build a Burrito Bar V	Chicken Taco Salad V	Roast Turkey Dinner	Build A Burrito V	Jambalaya Ω
 Ethnic Station	Black Bean Enchiladas w/ Mexican Corn V	Beef & Broccoli w/ Garlic Sauce & Brown Rice	Pork Bulgogi w/ Brown Rice Ω Seasoned Peas	Firecracker Chicken Over Basmati Rice	Szechuan Chicken w/ Cashews and Brown Rice
 Tuscan Oven: Pizza V options daily	Supreme Ω	Ricotta & Roasted Tomato	Supreme Ω	Ricotta and Roasted Tomato	Supreme Ω
 Tuscan Oven: Pasta V options daily	Rotini Pasta w/ Mozzarella & Chickpeas Steamed Carrots	Chicken Montana	Chicken Parmesan	Rotini w/ Italian Sausage & Leeks Ω	Beef Enchilada Pasta Corn
 Royal Rock Cafe V options daily	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese
 Health Nut Deli V options daily	Freshly made-to-order sandwiches from a selection of: Ham, Roast Beef, Turkey, Tuna Salad, Sliced Chicken, Cheddar, Pepper Jack or Colby Cheese. Toppings may include: 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.