











	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	NO SCHOOL	NO SCHOOL
 The Grill V options daily	Southwest Turkey Burger or Veggie Burger with Potato Wedges	Crispy Baked Creole Chicken with Creamy Polenta Green Beans	Asian Meatball Sub Sesame Garlic Edamame	NO SCHOOL	NO SCHOOL
 The Royal Diner	Build a Burrito V	Beef Stroganoff over Rotini Carrots	Turkey Joes Baked Beans	NO SCHOOL	NO SCHOOL
 Ethnic Station	Chicken Chow Mein Brown Rice	Sweet & Sour Pork Ω Brown Rice	Fiesta Fajitas Southwest Rice Pilaf	NO SCHOOL	NO SCHOOL
 Tuscan Oven: Pizza V options daily	Garlic Chicken	White Mushroom	Garlic Chicken	NO SCHOOL	NO SCHOOL
 Tuscan Oven: Pasta V options daily	Pasta & Marianara w/ Italian Sausage Ω	Buffalo Chicken	Chicken Rotini	NO SCHOOL	NO SCHOOL
 Royal Rock Cafe V options daily	Grilled Cheese	Grilled Cheese	Grilled Cheese	NO SCHOOL	NO SCHOOL
 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.