

# April 2019 Junior High Lunch Menu



**Start Smart Breakfast Served Every Day**  
We serve a variety of daily entrees with fruit/vegetable and/or juice & milk: **NJH** 7:25 AM - 7:50 AM • **WJH** 7:25AM - 7:45 AM

## April 1-5

### Monday

Vegetable Lo Mein  
French Bread  
Orange, Strawberry, Lime Salad  
Edamame  
Sandwich/ Salad Bar

### Tuesday

BBQ Pulled Pork Sandwich  $\Omega$   
Fish Sandwich  
Cinnamon Applesauce  
Coleslaw  
Sandwich/ Salad Bar

### Wednesday

Build Your Own Burrito  
Brown Rice  
Berries  
Refried Beans  
Sandwich/ Salad Bar

### Thursday

Free Range Turkey Hot Dogs   
Pasta Salad  
Melon  
Sweet Potato Wedges  
Green Peas  
Sandwich/ Salad Bar

### Friday

Crispy Bone-In Chicken Wings  
Seasoned Grains  
Garlic Breadstick  
Fresh Fruit  
Spinach Salad

## April 8-12

### Monday

Italian Style Cheese OR  
Veggie Pizza  
Pineapple & Mandarin Oranges  
Italian Lettuce Salad  
Sandwich/ Salad Bar

### Tuesday

Taco Salad  
Cornbread  
Apple Slices  
Diced Tomatoes  
Sandwich/ Salad Bar

### Wednesday

Build Your Own Burger OR  
Veggie Burger  
Mixed Fruit  
Ranch Potato Wedges  
Baked Beans  
Sandwich/ Salad Bar

### Thursday

Herb Roasted Turkey  
Mashed Potatoes w/ Gravy  
French Bread  
Oranges  
Green Beans  
Sandwich/ Salad Bar

### Friday

Greek Chicken Gyro Bowl OR  
Spiced Beef & Feta w/ Brown Rice  
Breadstick  
Pears  
Moroccan Carrot Salad  
Sandwich/ Salad Bar  
Sandwich/ Salad Bar

## April 15-19

### Monday

Cheese Quesadillas  
Spanish Rice  
Mango  
Fiesta Corn  
Sandwich/ Salad Bar

### Tuesday

Sloppy Joes  
Hot Ham & Swiss Sandwich  $\Omega$   
Strawberries  
Wilbur Beans  
Sandwich/ Salad Bar

### Wednesday

Turkey Alfredo w/ Pasta  
Focaccia Bread  
Mixed Fruit  
Caprese Salad  
Sandwich/ Salad Bar

### Thursday

Meatball Sub  
Pineapple  
Oven Roasted Carrots  
Sandwich/ Salad Bar

### Friday

**NO SCHOOL**

## April 22-26

### Monday

Vegetable Lo Mein  
French Bread  
Orange, Strawberry, Lime Salad  
Edamame  
Sandwich/ Salad Bar

### Tuesday

BBQ Pulled Pork Sandwich  $\Omega$   
Fish Sandwich  
Cinnamon Applesauce  
Coleslaw  
Sandwich/ Salad Bar

### Wednesday

Build Your Own Burrito  
Brown Rice  
Berries  
Refried Beans  
Sandwich/ Salad Bar

### Thursday

Free Range Turkey Hot Dogs   
Pasta Salad  
Melon  
Sweet Potato Wedges  
Green Peas  
Sandwich/ Salad Bar

### Friday

Crispy Bone-In Chicken Wings  
Seasoned Grains  
Garlic Breadstick  
Fresh Fruit  
Spinach Salad

## April 29 - May 3

### Monday

Italian Style Cheese OR  
Veggie Pizza  
Pineapple & Mandarin Oranges  
Italian Lettuce Salad  
Sandwich/ Salad Bar

### Tuesday

Taco Salad  
Cornbread  
Apple Slices  
Diced Tomatoes  
Sandwich/ Salad Bar

### Wednesday

Build Your Own Burger OR  
Veggie Burger  
Mixed Fruit  
Ranch Potato Wedges  
Baked Beans  
Sandwich/ Salad Bar

### Thursday

Herb Roasted Turkey  
Mashed Potatoes w/ Gravy  
French Bread  
Oranges  
Green Beans  
Sandwich/ Salad Bar

### Friday

**NO SCHOOL**

#### All student meals include:

One Entrée choice  
Fruit choice  
Vegetable Choice  
Breads/Grains  
Milk

A Fresh Fruit and Vegetable bar is available daily, along with a **whole grain** bread choice and milk.

#### Meal Prices:

Full Pay Lunch Price: \$3.20  
Full pay Breakfast Price: \$1.75

\*Must have SY 18-19 approved application and the students must choose a reimbursable meal to qualify for meal benefits.

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](http://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

Farm to School Item on Menu -   
 **$\Omega$  = Contains pork**

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