











	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Field of Greens Salad &amp; Soup</b> V options daily	Vermont Cheese Soup & Salad Bar	Salad Bar	Chicken Wild Rice Soup & Salad Bar	Salad Bar	Thai Spiced Tomato Soup & Salad Bar
 <b>The Grill</b> 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	Cheeseburger/Hamburger Coleslaw	Apple BBQ Pulled Turkey Sandwich Sweet Potato Wedges
 <b>The Royal Diner</b>	Build a Burrito V	Beef Stroganoff over Rotini Carrots	Turkey Joes Baked Beans	Build a Burrito V	Tamale Pie
 <b>Ethnic Station</b>	Chicken Chow Mein Brown Rice	Sweet & Sour Pork Ω Brown Rice	Fiesta Fajitas Southwest Rice Pilaf	Breakfast Bar V	Sriracha Chicken Quinoa Bowl
 <b>Tuscan Oven: Pizza</b> V options daily	Garlic Chicken	White Mushroom	Garlic Chicken	White Mushroom	Garlic Chicken
 <b>Tuscan Oven: Pasta</b> V options daily	Pasta & Marianara w/ Italian Sausage Ω	Buffalo Chicken	Chicken Rotini	Pasta w/ Turkey-Tomato Sauce Garlic Roasted Cauliflower	Chicken Italian w/ Pasta & Red Sauce
 <b>Royal Rock Cafe</b> V options daily	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese
 <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.**