

Hopewell Area Elementary Lunch Menu

Food Service Director: Rosann Hindman
hindmanr@hopewellarea.org
724.375.6863



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
 - Choice of Vegetable, Choice of Fruit*
 - Choice of Grain/Bread,
 - and Choice of Milk
- *Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily

- *Vegetables May include:**
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
- *Fruits May include:**
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Diced Pears
 Applesauce
 *May choose 1/2 cup serving



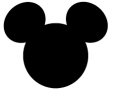

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily \$.60

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:
Paid \$2.40
Reduced \$.40

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY/04 |
|--|---|--|--|---|
| | | 11/1 Cinnamon French Toast Sticks w/ Sausage Tater Tots Fruit Choice Milk Choice | 11/2 Cookie Monster's Birthday Pizza Pasta Bake Seasoned Green Beans Fruit Choice Milk Choice Homemade Cookie  | 11/3 Chicken and Cheese Quesadilla Steamed Broccoli Fruit Choice Milk Choice |
| 11/6 National Nacho Day! Beef and Cheese Nachos Steamed Carrots Fruit Choice Milk Choice | 11/7 No School Act 80 Day | 11/8 Fiesta Pizza Seasoned Broccoli Fruit Choice Milk Choice  | 11/9 Mozzarella Sticks w/ Sauce Steamed Green Beans Fruit Choice Milk Choice | 11/10 No School Veteran's Day |
| 11/13 Hot Ham and Cheese on a Pretzel Bun Steamed Peas Fruit Choice Milk Choice | 11/14 Pasta w/ Meat sauce and a Breadstick Romaine Salad Fruit Choice Milk Choice | 11/15 Harvest Feast ** Oven Roasted Turkey Mashed Potatoes w/ gravy Candied Sweet Potatoes Fruit Choice Milk Choice | 11/16 Beef Tacos w/ Toppings Refried Beans Fruit Choice Milk Choice | 11/17 Mickey Mouse's Birthday Pluto's Pretzel w/ Yogurt Goofy's Crazy Fries Fruit Choice Milk Choice Daisy's Delicious Dessert  |
| 11/20 Grilled Cheese w/ Tomato Soup Seasoned Broccoli Fruit Choice Milk Choice | 11/21 Homemade Macaroni and Cheese Steamed Peas Fruit Choice Milk Choice | 11/22 Early Dismissal Pulled Pork Sandwich Sweet Potato Fries Fruit Choice Milk Choice | 11/23 No School  | 11/24 No School |
| 11/27 No School | 11/28 Toasted Italian Hoagie Seasoned Broccoli Fruit Choice Milk Choice | 11/29 Popcorn Chicken Bowl Mashed Potatoes Fruit Choice Milk Choice | 11/30 BBQ Rib Sandwich Baked Beans Fruit Choice Milk Choice | |
| **Monday Second Choice Corn Dog Nuggets | **Tuesday Second Choice Chicken Patty on a Bun | **Wednesday Second Choice Cheeseburger on a Bun **CHICKEN NUGGETS WILL BE ONLY OTHER OPTION ON 11/15 | **Thursday Second Choice Corn Dog w/ Bread Slice | **Friday Second Choice Cheese Pizza |