

Hopewell Area Elementary Lunch Menu

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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
- Pineapple Tidbits
- 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 |
|--|---|--|--|--|-----------|
| 1/1 No School | 1/2 No School | 1/3 Grilled Cheese w/ Tomato Soup Seasoned Broccoli Fruit Choice Milk Choice | 1/4 National Spaghetti Day! Pasta w/ Meat sauce and a Breadstick Romaine Salad Fruit Choice Milk Choice | 1/5 Chicken and Cheese Quesadilla Steamed Green Beans Fruit Choice Milk Choice | |
| 1/8 Hot Ham and Cheese on a Pretzel Bun Mashed Potatoes Fruit Choice Milk Choice | 1/9 Beef Tacos Refried Beans Fruit Choice Milk Choice | 1/10 Cinnamon French Toast Sticks w/ Sausage Tater Tots Fruit Choice Milk Choice | 1/11 BBQ Pulled Pork Sandwich Steamed Broccoli Fruit Choice Milk Choice | 1/12 Open-faced Turkey Sandwich with Gravy Sweet Potato Fries Fruit Choice Milk Choice | |
| 1/15 No School Martin Luther King Jr Day | 1/16 Toasted Italian Hoagie Sweet Corn Fruit Choice Milk Choice | 1/17 Fiesta Pizza Seasoned Green Beans Fruit Choice Milk Choice  | 1/18 Mozzarella Sticks w/ Sauce Steamed Broccoli Fruit Choice Milk Choice | 1/19 Mini Beef Sliders Baked Beans Fruit Choice Milk Choice | |
| 1/22 Orange Kissed Chicken Bowl Steamed Broccoli Fruit Choice Milk Choice | 1/23 Popcorn Chicken Bowl Mashed Potatoes Fruit Choice Milk Choice | 1/24 Walking Tacos Sweet Corn Fruit Choice Milk Choice | 1/25 Beef and Cheese Nachos Steamed Carrots Fruit Choice Milk Choice | 1/26 1/2 Day — Act 80 Sloppy Joe on a Bun Baked Beans Fruit Choice Milk Choice | |
| 1/29 BBQ Rib Sandwich French Fries Fruit Choice Milk Choice | 1/30 Soft Pretzel w/ Trix Yogurt Seasoned Broccoli Fruit Choice Milk Choice | 1/31 Homemade Macaroni and Cheese w/ a Roll Honey Glazed Carrots 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 | **Thursday Second Choice Corn Dog w/ Bread Slice | **Friday Second Choice Cheese Pizza | |