

**"To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." ~William Londen**

## May & June 2017 Elementary Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Main Lunch Entrée</b> Pizza (Veggie &amp; Cheese) V Tropical Mixed Fruit Italian Salad Fresh Garden Bar</p> <p><b>Breakfast</b> French Toast Bites Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Sloppy Joe Pineapple &amp; Mandarin Oranges Sweet Potato Wedges Fresh Garden Bar</p> <p><b>Breakfast</b> Breakfast Round Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Honey Balsamic Chicken Barb's Beautiful Corn Bread Bursting Berries Great Green Peas Fresh Garden Bar</p> <p><b>Breakfast</b> Whole Grain Muffin w/ Cheese Fruit/Vegetable &amp; Milk</p>	<p><b>LATE START K-9</b></p> <p><b>Main Lunch Entrée</b> Build Your Own Burrito Bar &amp; Rice Crisp Apple Slices Bodacious Black Beans Fresh Garden Bar</p> <p><b>Breakfast</b> ½ WG Bagel Peanut/Sun Butter Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Stromboli (One Ω, One Turkey) Orange Smileys Super Sauteed Greens Fresh Garden Bar</p> <p><b>Breakfast</b> Yogurt Parfait w/ Granola Fruit/Vegetable &amp; Milk</p>
<b>Grab N' Go Lunch: Asian Chicken Pasta Salad or Ham &amp; Cheese on a Bun Ω (Available Tues-Fri)</b>				
<p><b>Main Lunch Entrée</b> Ravioli w/ Marinara V Breadstick Powerful Pears Brain-boosting Brussels Sprouts Fresh Garden Bar</p> <p><b>Breakfast</b> French Toast Bites Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Hamburger/ Cheeseburger Cinnamon Applesauce Potato Wedge Fresh Garden Bar</p> <p><b>Breakfast</b> Breakfast Round Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Lemon Herb Chicken Pasta Dinner Roll Bursting Berries X-Ray Vision Carrots Fresh Garden Bar</p> <p><b>Breakfast</b> Whole Grain Muffin w/ Cheese Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Crunchy Beef Tacos Magnificent Mango Rip Roarin' Refried Beans Fresh Garden Bar</p> <p><b>Breakfast</b> Breakfast Sandwich<sup>Egg, Cheese</sup> Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Orange Chicken w/ Brown Rice Mixed Fruit Bright Green Broccoli Fresh Garden Bar</p> <p><b>Breakfast</b> Yogurt Parfait w/ Granola Fruit/Vegetable &amp; Milk</p>
<b>Grab N' Go Lunch: Tuna Salad or Buffalo Chicken Wrap/Sandwich V (Available Tues-Fri)</b>				
<p><b>Main Lunch Entrée</b> Scrambled Eggs with Cheese V Blueberry Bread Pineapple &amp; Mango Salad Roasted Sweet Potatoes Fresh Garden Bar</p> <p><b>Breakfast</b> French Toast Bites Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Homerun Turkey Hot Dog Amazing Apples Boy Oh Boy Baked Beans Fresh Garden Bar</p> <p><b>Breakfast</b> Breakfast Round Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Pasta w/ Meat &amp; Marinara Focaccia Pretty Peaches Terrific Tossed Salad Fresh Garden Bar</p> <p><b>Breakfast</b> Whole Grain Muffin w/ Cheese Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Chicken Fajitas Brown Rice Mighty Melon Golden Corn Fresh Garden Bar</p> <p><b>Breakfast</b> ½ WG Bagel Peanut/Sun Butter Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Teriyaki Chicken Drumstick Brown Rice Perfect Pineapple Fresh Cooked Green Beans Fresh Garden Bar</p> <p><b>Breakfast</b> Yogurt Parfait w/ Granola Fruit/Vegetable &amp; Milk</p>
<b>Grab N' Go Lunch: Chicken Caesar Salad or Deli Turkey &amp; Cheese on a Bun (Available Tues-Fri)</b>				
<p><b>Main Lunch Entrée</b> Pizza (Veggie &amp; Cheese) V Tropical Mixed Fruit Italian Salad Fresh Garden Bar</p> <p><b>Breakfast</b> French Toast Bites Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Sloppy Joe Pineapple &amp; Mandarin Oranges Sweet Potato Wedges Fresh Garden Bar</p> <p><b>Breakfast</b> Breakfast Round Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Honey Balsamic Chicken Barb's Beautiful Corn Bread Bursting Berries Great Green Peas Fresh Garden Bar</p> <p><b>Breakfast</b> Whole Grain Muffin w/ Cheese Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Build Your Own Burrito Bar &amp; Rice Crisp Apple Slices Bodacious Black Beans Fresh Garden Bar</p> <p><b>Breakfast</b> Breakfast Sandwich<sup>Egg, Cheese</sup> Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Stromboli (One Ω, One Turkey) Orange Smileys Super Sauteed Greens Fresh Garden Bar</p> <p><b>Breakfast</b> Yogurt Parfait w/ Granola Fruit/Vegetable &amp; Milk</p>
<b>Grab N' Go Lunch: Asian Chicken Pasta Salad or Ham &amp; Cheese on a Bun Ω (Available Tues-Fri)</b>				
<p><b>NO SCHOOL K-12</b></p>	<p><b>Main Lunch Entrée</b> Ravioli w/ Marinara V Breadstick Perfect Pears Brain-boosting Brussels Sprouts Fresh Garden Bar</p> <p><b>Breakfast</b> Breakfast Round Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Hamburger/ Cheeseburger Cinnamon Applesauce Potato Wedge Fresh Garden Bar</p> <p><b>Breakfast</b> Whole Grain Muffin w/ Cheese Fruit/Vegetable &amp; Milk</p>	<p><b>Main Lunch Entrée</b> Homerun Turkey Hot Dog Amazing Apples Boy Oh Boy Baked Beans Fresh Garden Bar</p> <p><b>Breakfast</b> ½ WG Bagel Peanut/Sun Butter Fruit/Vegetable &amp; Milk</p>	<p><b>NO SCHOOL K-12</b></p>
<b>Grab N' Go Lunch: Tuna Salad or Buffalo Chicken Wrap/Sandwich V (Available Tues-Fri)</b>				

### Meal Prices:

Lunch K-6: \$2.85/day • \$65.55/month of May/ June

Milk: \$0.55 carton

\*Must have SY 16-17 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 carton of milk which costs \$0.55; meal benefits DO NOT apply. A new application must be filled out each school year in order to qualify for free or reduced meal benefits - please call 952-988-4060 or visit us online @ www.hopkinsschools.org for more information.

Menus are subject to change based on availability of product.

### Alternate Lunch options

M: Cook's Choice Veggie Sandwich V  
T: Peanut Butter Sandwich V  
W: Egg Salad Sandwich V  
Th: Twin Cheese Sandwich V  
F: Veggie Sandwich V

### Available Daily for Lunch

Fresh Garden Bar (Fruits & Vegetables)  
1% or Skim Milk

### Available Daily for Breakfast:

Grain and/or Protein Choice, Fruit or

### Fresh Veggies May Include:

Baby Carrots • Celery • Cucumbers •  
Grape Tomatoes • Jicama • Broccoli •  
• Red Onions • Edamame • Zucchini •  
Cauliflower • Summer Squash • Beets

### Salad Greens Include:

Romaine Lettuce, Lettuce Blends and/or  
Baby Spinach

### Menu Key

🌱 - Farm to School Item  
Ω = Contains Pork  
V = Meatless Item

This institution is an equal opportunity provider and employer.