



Student Nutrition

High School Breakfast Menu

Hopkins High School Breakfast Menu Aug/Sept/Oct/Nov/Dec 26-27

Effective April 1, 2024 school menus will be available at <https://schools.mealviewer.com/district/HopkinsISD270>. Please take a moment to update your bookmarks. School menus will no longer be available in this Google Doc beginning in April.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Cereal Cheese Stick Fruit/Veggie Milk	01 Apple Filled Pastry	02 Frosted Cinnamon Roll	03 Cereal Yogurt	04 Great Griddles
07 No School Today	08 Great Griddles <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	09 Frosted Cinnamon Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	10 Breakfast Casserole English Muffin <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	11 Chicken & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk



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14 Egg & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	15 Apple Filled Pastry <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	16 Caramel Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	17 Digital Day! Cereal Cheese Stick Fruit/Veggie Milk	18 Egg & Cheese Bake English Muffin <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk
21 No School Today	22 Great Griddles <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	23 Frosted Cinnamon Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	24 Breakfast Casserole English Muffin <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	25 Chicken & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk



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²⁸ Egg & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	²⁹ Apple Filled Pastry <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	³⁰ Caramel Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰¹ No School Today	⁰² Egg & Cheese Bake English Muffin <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk
⁰⁵ Scrambled Eggs w/Ham Scrambled Eggs English Muffin <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰⁶ Great Griddles <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰⁷ Frosted Cinnamon Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰⁸ Breakfast Casserole English Muffin <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰⁹ Chicken & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk



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12 Egg & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	13 Apple Filled Pastry <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	14 Caramel Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	15 No School Today	16 No School Today
19 Scrambled Eggs w/Ham Scrambled Eggs English Muffin <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	20 Great Griddles <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	21 Frosted Cinnamon Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	22 Digital Day! Early Release Day! Cereal Cheese Stick Fruit/Veggie Milk	23 Chicken & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk



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⁰² Egg & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰³ No School Today	⁰⁴ Caramel Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰⁵ Breakfast Pizza <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰⁶ Egg & Cheese Bake English Muffin <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk
⁰⁹ Scrambled Eggs w/Ham Scrambled Eggs English Muffin <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	¹⁰ Great Griddles <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	¹¹ Frosted Cinnamon Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	¹² Breakfast Casserole English Muffin <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	¹³ Chicken & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk



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16 Egg & Cheese Sandwich <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	17 Apple Filled Pastry <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	18 Caramel Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	19 Digital Day! Cereal Cheese Stick Fruit/Veggie Milk	20 Egg & Cheese Bake English Muffin <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk
23 Scrambled Eggs w/Ham Scrambled Eggs English Muffin <u>Or Grain & Protein choice:</u> Cereal Cheese Stick Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	24 Great Griddles <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	25 No School Today	26 No School Today	27 No School Today



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³⁰ No School Today	⁰¹ Apple Filled Pastry <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰² Caramel Roll <u>Or Grain & Protein choice:</u> Cereal Sunflower Seeds Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰³ Breakfast Pizza <u>Or Grain & Protein choice:</u> Oatmeal w/Toppings Or Cereal Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk	⁰⁴ Egg & Cheese Bake English Muffin <u>Or Grain & Protein choice:</u> Cereal Yogurt Fruit/Veggie Milk <u>Late Arrival Breakfast</u> Cooper Street Granola Bar Fruit, Milk