



# Deli /Panini Sandwiches Made to Order Daily

Mahopac High School  
October 2023

2  
Bosco Cheese Sticks  
w/ Tomato Dipping  
Sauce  
Baked Fries  
Green Beans  
Peach Cup  
Milk

3  
WG Spaghetti w/ Meat  
Sauce  
Garlic Toast  
Romaine Side Salad  
Petite Banana  
Milk

4  
Sweet & Sour Chicken  
Plain Rice  
Steamed Zucchini  
Sliced Apple  
Milk

5  
**Brunch for Lunch**  
French Toast Sticks  
Syrup  
Chicken Sausage Patty  
Baby Carrots  
Strawberry Cup  
Milk

6  
**Homecoming  
Hero -**  
Italian Combo  
Assorted Burgers  
Baked Fries  
Baked Beans  
Apple Sauce  
Milk

9  
**Columbus Day  
Indigenous  
Peoples Day  
Schools Closed**

10  
Herb Baked Chicken  
WG Dinner Roll  
Mashed Potato  
Baked Beans  
Fresh Pear  
Milk

11  
WG Rotini w/ Meat  
Sauce  
WG Dinner Roll  
Broccoli Florets  
Red Apple  
Milk

12  
WG Chicken Tenders  
BBQ Sauce  
WG Bread Stick  
Roasted Cauliflower  
Cucumber Slices  
Orange Wedge  
Milk

13  
Egg Roll in a Bowl  
w/ Sweet & Sour  
Sauce  
Carrot Coins  
Peach Cup  
Milk

16  
Chipolte Cheesy  
Bean Nachos  
Kickin Pinto Beans  
Mexacali Corn  
Petite Banana  
Milk

17  
WG Chicken Pasta  
Alfredo  
WG Garlic Toast  
Butternut Squash  
Apple Slices  
Milk

18  
Chicken Patty on  
Bun  
Baked Fries  
Green Beans &  
Carrots  
Fresh Blueberries  
Milk

19  
Meatball Parmesan  
WG Hero  
Broccoli Florets  
Orange Wedges  
Milk

20  
WG Pizza Sticks w/  
Tomato Dipping  
Sauce  
WG Dinner Roll  
Red Pepper Strips  
Sweet Raisins  
Milk

23  
Buffalo Chicken Patty  
on WG Bun  
Baked Fries  
Carrot Coins  
Fresh Pear  
Milk

24  
Chicken & Cheese  
WG Quesadilla  
Tomato Salsa  
Spanish Rice  
Black Beans  
Strawberry Cup  
Milk

25  
Fish Patty on WG Bun  
Baked Fries  
Steamed Spinach  
Apple Sauce  
Milk

26  
WG Pancakes w/  
Syrup  
Hash Brown  
Chicken Sausage  
Grape Tomato  
Petite Banana  
Milk

27  
WG Macaroni &  
Cheese or Buffalo  
Chicken Mac &  
Cheese  
Broccoli  
Fresh Pineapple  
Milk

30  
Chicken Lo Mein  
w/ Vegetables  
Sliced Carrots  
Orange Smiles  
Milk

31  
Chicken Fajitas on  
Soft WG Tortillas  
Tomato Salsa  
Black Beans  
Red & Green  
Pepper Strips  
Raisins  
Milk

1  
Chicken Tenders  
WG Bread Stick  
Romaine Salad  
Berry Cup  
Milk

2  
Beef Hot Dogs on  
WG Bun  
Baked Fries  
Celery Sticks  
Cantaloupe  
Milk

3  
BBQ Pulled Pork  
On WG Bun  
Sweet Potato Fries  
Mixed Vegetable  
Apple Sauce  
Milk

## More info...

Lunch Price - \$2.45 Adult meal \$5.02 +tax

If you have a food allergy, please speak to the nurse or food server about it

**\*\* = Pork Product, WG = Whole Grain**

This institution is an equal opportunity provider.



# MENU SUBJECT TO CHANGE

## Available Daily

Deli bar, salad entrée, assorted WG pizza, yogurt parfait w/ granola, veggie platters with cheese sticks & WG dinner roll. Hamburger on a WG bun or Chicken patty on a WG bun. Carrot & celery sticks offered daily. Assorted breadbasket and fresh fruit. 100% Fruit Juice, Milk offered daily.

Kathy Weinborg, Director of Food Service

[weinborg-katherine@aramark.com](mailto:weinborg-katherine@aramark.com) 845-628-3256 x11891