



Mahopac High School

April 2022



ALL
STUDENTS
EAT FREE
EVERY DAY



1
Egg & Cheese
WG Roll
Tater Tots
Sauté' Zucchini
Strawberry Cup

4
MEATLESS MONDAY
Oven Baked WG
Mozzarella Sticks
Tomato Dipping
Sauce
Green Bean Salad
Tater Tots
Fresh Apple

5
Chili Cheese Dog –
WG Bun
Baked Fries
Baked Beans
Peach Cup

6
Meatball Wedge-WG
Red Pepper Strips
Banana

7
WG- Grilled Three
Cheese Sandwich
Cauliflower
Sliced Pineapple

8
Grilled Chicken
Breast Over
Brown Rice
Broccoli
Dinner Roll -WG
Sliced Cantaloupe

11
**SPRING RECESS
CLOSED**

12
**SPRING RECESS
CLOSED**

13
**SPRING RECESS
CLOSED**



14
**SPRING RECESS
CLOSED**

15
**SPRING RECESS
CLOSED**



18
**BREAKFAST FOR
LUNCH**
WG French Toast
Sticks/Syrup
Glazed Carrots
Chicken Sausage
Mixed Berry Cup

19
Hamburger/
Cheeseburger
WG Bun
Baked Fries
Baked Beans
Sliced Pineapple

20
WG Mac & Cheese
Dinner Roll
Broccoli
Fresh Grapes

21
Chicken Nachos W/
WG Tostito Scoops
Brown Rice
Sweet Corn
Salsa
Strawberry Cup

22
Moroccan Harissa
Chicken Wrap
Butternut Squash
Green Bean Salad
Fresh Pear

25
WG Chicken Tenders
BBQ Dipping Sauce
WG Dinner Roll
Tomato Salad
Fresh Orange

26
Soft Chicken
WG Burrito
Brown Rice
Salsa
Black Bean Salad
Peach Cup

27
Oven Baked WG
Pizza Sticks
Dipping Sauce
Sliced Cucumbers
Sliced Watermelon

28
Chicken Parm
Spaghetti Side
Slice of WG French
Bread
Steamed Broccoli
Apple Slices

29
Oven Roasted Turkey
Sweet Potatoes
WG-Roll
Strawberry Cup

More info...

Lunch Price **-FREE to ALL Students**,
Adult meal \$5.02 +tax

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

This institution is an equal opportunity provider.



More info...

Available Daily – Sandwich all WG (Turkey & Cheese, Ham &
Cheese, PBJ), grilled chicken salad w/ WG roll, Hummus,
cheese & veggie platter/ WG crisps, pizza.

Carrot sticks, assorted fresh fruit and 100% fruit juice.

Daily Milk Choice; 1%, Skim & FF Chocolate offered with
every meal

Menu subject to change