



# Mahopac Elementary Schools-MAY 2022



This year, there is such a thing as  
**FREE LUNCH**  
FOR ALL STUDENTS #eatwellk12



## 2 MEATLESS MONDAY

Oven Baked WG  
Mozzarella Sticks  
W/Marinara Dipping  
Sauce  
Sliced Cucumbers  
Fresh Apple

3 WG Oven Baked  
Chicken Nuggets  
Tater Tots  
WG Dinner Roll  
Fresh Orange

## 4 BREAKFAST FOR LUNCH

WG French Toast  
Sticks/Syrup  
Chicken Sausage  
Steamed Zucchini  
Peach Cup

5 Chicken Nachos W/  
WG Tostito Scoops  
Brown Rice  
Baked Beans  
Mixed Berry Cup



6 WG- Cheese  
**OR**  
BBQ Chicken  
Pizza  
Steamed Broccoli  
Sliced Pineapple

## 9 MEATLESS MONDAY

WG Grilled Cheese  
Sweet Corn  
Fresh Orange

10 Beef Hot Dog  
WG Bun  
Sweet Potato Fries  
Baked Beans  
Strawberry Cup

11 WG Pasta &  
Beef Meatballs  
Slice of WG  
Garlic Bread/Fresh  
Steamed Broccoli  
Sliced Cantaloupe

12 WG Chicken Tenders  
Honey Mustard  
Dipping Sauce  
WG Dinner Roll  
Oven Baked Fries  
Fresh Pear

13 WG- Cheese  
**OR** Pepperoni \*\*  
Pizza  
Roasted Cauliflower  
Mixed Berry Cup

## 16 MEATLESS MONDAY

Oven Baked WG-Pizza  
Sticks  
Marinara Dipping  
Sauce  
Sliced Cucumbers  
Peach Cup

17 Oven Baked  
WG Chicken Nuggets  
Tater Tots  
WG Dinner Roll  
Fresh Apple

18 BREAKFAST FOR LUNCH  
WG French Toast  
Sticks/Syrup  
Chicken Sausage  
Butternut Squash  
Mixed Berry Cup

19 Turkey Nachos W/  
WG Tostito Scoops  
Brown Rice  
Baked Beans  
Tomato Salad  
Sliced Pineapple

20 WG- Cheese  
**OR** Pepperoni\*\*  
Pizza  
Steamed Broccoli  
Strawberry Cup

23 Chicken Burrito  
WG Wrap  
Baked Beans  
Salsa  
Strawberry Cup

24 BREAKFAST FOR LUNCH  
Maple Burst Mini  
Waffles  
Chicken Sausage  
Tater Tots  
Applesauce

25 WG Chicken Tenders  
Honey Mustard  
Dipping Sauce  
WG Dinner Roll  
Green Beans  
Fresh Banana

26 Mac & Cheese  
WG Dinner Roll  
Steamed Broccoli  
Mixed Berry Cup

27 WG- Cheese  
**OR** Pepperoni \*\*  
Pizza  
Red Pepper Strips  
Watermelon

## 30 CLOSED

Memorial Day



31 Beef Hamburger/  
Cheeseburger-  
WG Bun  
Sweet Potato Fries  
Mixed Berry Cup

May 31<sup>st</sup> is



## More info...

Lunch Price is ~~\$2.35~~ **FREE**, Adult meal \$5.02 +tax  
If you have a food allergy, please speak to the  
nurse or food server about it.  
WG = Whole Grain \*\* = Pork Product

This institution is an equal opportunity provider.

## More info...

Available Daily. SANDWICHES all WG; Turkey&  
Cheese, \*\*Ham& Cheese, Sunflower butter & jelly.  
Grilled chicken salad lunch W/ WG dinner roll.  
Carrot sticks. Assorted fresh fruit, 100% fruit juice  
Milk, 1%, Skim and FF Chocolate offered with  
every meal

