



# Mahopac Middle School

## November 2022

	1 Soft Chicken Taco Wrap Cilantro Lime WG Rice Black Bean Salad Romaine Salad Salsa Fresh Orange	2 Sausage and Pepper Wedge Baked Sweet Potato Fries Apple Slices	3 Bacon, Egg & Cheese WG Roll Hash Brown Potato Baby Carrots Romaine Salad Fresh Grapes	4 Armour 100% Beef Frank on WG Roll Baked Beans Sauteed Zucchini Strawberry Cup
7 <b>MEATLESS MONDAY</b> WG Baked Pizza Sticks W/ Marinara Dipping Sauce Romaine Salad Sliced Cantaloupe	8 <b>Schools Closed</b>	9 WG French Toast Sticks w/ Chicken Sausage Celery Sticks, Butternut Squash Fresh Pear	10 Grilled Chicken Sandwich on WG Bun w/ Sliced Tomato Romaine Salad Baked Fries Roasted Chickpeas Berry Cup	11 <b>Schools Closed</b>
14 <b>MEATLESS MONDAY</b> Grilled Cheese or w/ Bacon ** Baked Fries Romaine Salad Sliced Cantaloupe	15 Meatball Parm Wedge on WG Roll Red Pepper Strips Broccoli Mix Berry Cup	16 Roast Turkey w/ Gravy WG Dinner Roll Mashed Potatoes Steamed Baby Carrots Fresh Pear	17 WG Mini Waffles w/ Syrup Chicken Sausage Sliced Cucumbers Strawberry Cup	18 Buffalo Chicken Filet on WG Bun Romaine Salad Black Bean Salad Fresh Grapes
21 <b>MEATLESS MONDAY</b> WG Oven Baked Mozzarella Sticks Tomato Dipping Sauce Tater Tots Romaine Salad Fresh Pear	22 Oven Baked WG Chicken Nuggets Sweet Potato Fries WG Dinner Roll Green Pepper Strips Strawberry Cup	23 <b>½ Day No Lunch Service</b>	24 <b>Schools Closed</b>	25 <b>Schools Closed</b>
28 Cheese or Chicken Quesadilla w/ Salsa WG Cilantro Lime Rice Black Bean Salad Fresh Orange	29 WG Chicken Tenders w/ WG Dinner Roll Oven Baked Fries Romaine Salad Fresh Apple	30 Grilled Chicken Caesar Wrap Roasted Broccoli Pineapple Chunks	<b>Menu Subject to Change</b>	<b>Daily Milk Choice 1% Skim Fat Free Chocolate</b>

### More info...

**Paid Lunch: \$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



### Available Daily

SANDWICHES: Turkey, Ham, PBJ  
Entree Salad Lunch, Yogurt Parfait w/ Fruit Entrée Veggie  
Platters w/Cheese Sticks & WG Dinner Roll  
Hamburgers, Chicken Filet on a WG bun, Assorted WG Pizza  
Carrot and Celery Sticks, Assorted breadbasket, and Fresh  
Fruit, 100% fruit Juice