



Mahopac Elementary Schools-September 2022

Daily Milk Choice
1%
Skim
Fat Free
Chocolate



31



1

The Federal Waivers that provided free meals for all students will expire when the 2023 school year opens. Families are strongly encouraged to apply for free or reduced-price meals.

2

Superintendents
Conference Day

CLOSED

5

CLOSED

Labor Day

6

WG Chicken Nuggets
BBQ Dipping Sauce
WG Dinner Roll
Oven Baked Fries
Green Beans
Fresh Apple

7

BREAKFAST FOR LUNCH
WG French Toast
Sticks/Syrup
Chicken Sausage
Steamed Zucchini
Sliced Cantaloupe

8

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

9

WG- Cheese
Pizza
Roasted Cauliflower
Broccoli
Mixed Berry Cup

12

MEATLESS MONDAY

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

13

WG Chicken Nuggets
Oven Baked Fries
Sliced Cucumbers
WG Dinner Roll
Fresh Apple

14

BREAKFAST FOR LUNCH
Maple Burst Mini
WG Waffles
Chicken Sausage
Tater Tot
Mixed Berry Cup

15

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

16

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

19

MEATLESS MONDAY

WG Grilled Cheese
Sweet Corn
Fresh Orange

20

Beef Hot Dog-
WG Bun
Sweet Potato Fries
Mixed Berry Cup

21

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

22

Mac & Cheese
WG Dinner Roll
Steamed Broccoli
Baked Beans
Fresh Pear

23

WG- Cheese
OR BBQ Chicken
Pizza
Red Pepper Strips
Watermelon

26

CLOSED

Rosh Hashana

27

CLOSED

Rosh Hashana

28

Oven Baked
WG Chicken Nuggets
Tater Tot
WG Dinner Roll
Fresh Apple

29

BREAKFAST FOR LUNCH
WG French Toast
Sticks/Syrup
Chicken Sausage
Butternut Squash
Strawberry Cup

30

WG- Cheese
OR BBQ Chicken
Pizza
Broccoli
Black Bean Salad
Fresh Pear

More info...

Lunch Price is \$2.35, 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

More info...

Available Daily. SANDWICHES all WG; Turkey & Cheese, **Ham & Cheese, PBJ. Salad lunch W/ Cheese Sticks & WG dinner roll. Carrot sticks. Assorted fresh fruit, 100% fruit juice
Milk, 1%, Skim and FF Chocolate offered with every meal