



# Mahopac High School

## May 2022

2

### MEATLESS MONDAY

WG- Grilled Three Cheese Sandwich  
Cauliflower  
Fresh Apple

3

WG Oven Baked Chicken Nuggets  
Tater Tots  
WG Dinner Roll  
Fresh Grapes

4

### BREAKFAST FOR LUNCH

WG French Toast Sticks/Syrup  
Glazed Carrots  
Chicken Sausage  
Sliced Cantaloupe

5

Turkey Nachos W/ WG Tostito Scoops  
Brown Rice  
Broccoli/Baked Beans  
Mixed Berry Cup



6

Egg & Cheese WG Roll  
Tater Tots  
Sauté Zucchini  
Strawberry Cup

9

### MEATLESS MONDAY

Oven Baked WG Mozzarella Sticks  
Tomato Dipping Sauce  
Celery Sticks  
Tater Tots  
Fresh Apple

10

WG Oven Baked Chicken Nuggets  
Sweet Corn  
WG Dinner Roll  
Strawberry Cup

11

Beef Meatball Parm Sub-WG  
Broccoli  
Fresh Banana

12

Soft Chicken Burrito  
Brown Rice  
Black Bean Salad  
Sliced Pineapple

13

Grilled Chicken Sandwich W/Lettuce & Tomato-WG Bun  
Sweet Potato Fries  
Mixed Berry Cup

16

Oven Baked WG Chicken Tenders  
Tater Tots  
Steamed Broccoli  
Dinner Roll  
Fresh Orange

17

Oven Baked WG Pizza Sticks  
Marinara Dipping Sauce  
Tomato Salad  
Banana

18

Chicken & Cheese WG Quesadilla  
Butternut squash  
Mixed Berry Cup

19

BREAKFAST FOR LUNCH  
Maple Burst Mini Waffles  
Chicken Sausage  
Tater Tots  
Fresh Pear

20

Chicken Parm Brown Rice  
Cucumber Salad  
Black Bean Salad  
Strawberry Cup

23

### BREAKFAST FOR LUNCH

WG French Toast Sticks/Syrup  
Glazed Carrots  
Chicken Sausage  
Mixed Berry Cup

24

Beef Hot Dog WG Bun  
Baked Fries  
Baked Beans  
Grapes

25

Mac & Cheese Dinner Roll  
Broccoli  
Sliced Watermelon

26

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

27

\*\* Bacon, Egg & Cheese WG Roll  
Tater Tots  
Green Bean Salad  
Fresh Apple

30

### CLOSED

Memorial Day



31

Hamburger/ Cheeseburger - WG Bun  
Baked Fries  
Baked Beans  
Peach Cup



ALL STUDENTS **EAT FREE EVERY DAY**

### 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.

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

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**