



Mahopac Middle School

January 2024

This institution is an equal opportunity employer.

1

HAPPY NEW YEAR!!!

2

**HOLIDAY
RECESS
SCHOOLS
CLOSED**

3

Fish Patty on WG Bun
Plain Rice
Steamed Spinach
Apple Sauce
Milk

4

WG Pancakes w/
syrup
Hash Brown
Chicken Sausage
Grape Tomato
Petite Banana
Milk

5

BBQ Chicken w/
WG Mac & Cheese
Cucumber Slices
Baked Beans
Orange Wedges
Milk

8

Chicken Lo Mein
w/Mixed Vegetable
Baby Carrots
Red Apple
Milk

9

Chicken Fajita on Soft
WG Tortilla
Tomato Salsa
Black Beans
Red & Green Pepper
Strips
Raisins
Milk

10

WG Chicken Nuggets
WG Breadstick
Honey Mustard
Sweet Corn
Romaine Side Salad
Apple Slices
Milk

11

Beef Hot Dog on WG
Bun
Baked Fries
Celery Sticks
Cantaloupe
Milk

12

Cheese or
Chicken & Cheese
WG Quesadilla
Cucumber Salad
Orange Wedges
Milk

15

**MARTIN
LUTHER KING
DAY
SCHOOLS
CLOSED**

16

Cheese, **Pepperoni
or Buffalo Chicken
WG Pizza
Baked fries
Sliced carrots
Orange Smiles
Milk

17

Sweet & Sour Chicken
Brown Rice
Steamed Zucchini
Sliced Apple
Milk

18

WG Spaghetti w/ Beef
Meat Balls
Garlic Toast
Romaine Side Salad
Petite Banana
Milk

19

Hamburgers,
Cheeseburger or
Veggie Burgers
On WG Bun
Baked Beans
Green Beans
Apple Sauce
Milk

22

Brunch for Lunch
WG French Toast
Sticks
Syrup
Chicken Sausage Patty
Carrot Coins
Strawberry Cup
Milk

23

WG Chicken Tenders
w/ Honey Mustard
Sauce
WG Bread Stick
Roasted Cauliflower
Cucumber Slices
Orange Wedge
Milk

24

WG Rotini w/ Beef
Meat Sauce
WG Dinner Roll
Broccoli Florets
Red Apple
Milk

24

BBQ Chicken
WG Dinner Roll &
Mashed Potato
Baked Beans
Fresh Pear
Milk

26

Ground Beef Chili
Dinner Roll
Baked Fries
Mixed Garden
Vegetables
Apple Sauce
Milk

29

WG Grilled Cheese
w/ or w/o Ham**
Sweet Potato Fries
Green Beans
Red Apple
Milk

30

Cheesy Beef Nachos
Kickin Pinto Beans
Mexicali Corn
Petite Banana
Milk

31

Buffalo Chicken Patty
on a WG Bun
Baked Fries
Baked Beans
Fresh Pear
Milk

1

Meatball Parm Hero
Broccoli Florets
Orange Wedges
Milk

2

WG Bosco Cheese
Sticks
w/ Tomato Dipping
Sauce
Baked Fries
Zucchini
Peach Cup
Milk

More info...

Lunch Price - \$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

Kathy Weinborg, Director of Food Service ext: 11891

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Available Daily

Assorted sandwiches, Entrée Salad w/Chicken, Cheese & WG roll, assorted WG pizza, yogurt parfait w/ granola, Hummus veggie platter w/cheese & tortilla chips. Hamburger or Chicken Patty on a WG bun. Carrot & celery sticks offered daily. Assorted breadbasket and fresh fruit. 100% Fruit Juice & Milk offered with every meal. FF Chocolate, 1% and Skim milks

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