



# Mahopac High School

## January 2022

3

Oven Baked Chicken  
Nuggets  
Tater Tots  
Broccoli  
Dinner Roll  
100% Fruit Juice

4

Turkey Nachos W/  
Tostito Scoops  
Brown Rice  
Baked Beans  
Salsa  
Applesauce

5

Grilled Cheese &  
Bacon Sandwich \*\*  
Baked Fries  
Green beans  
Banana

6

**BREAKFAST FOR LUNCH**  
French Toast  
Sticks  
Chicken Sausage  
Glazed Carrots  
100% Fruit Juice

7

Oven Roasted BBQ  
Chicken  
Dinner Roll  
Mashed Potatoes  
Sauté' Zucchini  
Strawberry Cup

10

Oven Baked  
Mozzarella Sticks  
Tomato Dipping  
Sauce  
Tater Tots  
Fresh Apple

11

Beef Hot Dog  
WG Bun  
Baked Beans  
Fresh Orange

12

General Tso's  
Chicken  
Brown Rice  
Broccoli  
Sliced Pineapple

13

Chicken Nachos  
W/ Tostito Scoops  
Brown Rice  
Cauliflower  
Salsa  
Banana

14

Cheeseburger  
Baked Fries  
Red Pepper Strips  
Berry Cup

17

**CLOSED**

MLK Jr. Day

18

Oven Baked Pizza  
Sticks  
Dipping Sauce  
Broccoli  
Apple Slices

19

Crispy Chicken  
Sandwich  
Sweet Potato Fries  
Banana

20

Chicken & Cheese  
Burrito  
Brown Rice  
Baked Beans  
Peach Cup

21

Maple Burst Mini  
Pancakes  
Tater Tots  
Grapes

24

Chicken Parm-Roll  
Broccoli  
Fresh Apple

25

Chicken Nachos W/  
Tostito Scoops  
Brown Rice  
Sweet Corn  
Salsa  
Sliced Pineapple

26

**BREAKFAST FOR LUNCH**  
French Toast  
Sticks  
Chicken Sausage  
Hash Browns  
100% Fruit Juice

27

Creamy Mac &  
Cheese  
Dinner Roll  
Sliced Cucumbers  
Fresh Grapes

28

Oven Baked  
Mozzarella Sticks  
Tomato Dipping  
Sauce  
Tater Tots  
Tomato Salad  
Applesauce

31

**BIG GAME SPECIAL**  
Chicken Tenders  
BBQ Dipping Sauce  
Dinner Roll  
Baked Beans  
Fresh Orange



ALL  
STUDENTS  
**EAT FREE  
EVERY DAY**

Part Time HELP  
wanted in the  
cafeteria. Earn while  
your children learn!  
Call 628-3256  
x11891



**Daily Milk  
Choice  
1%  
Skim  
Fat Free  
Chocolate**

### More info...

Lunch Price **-FREE to ALL**

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.



# MENU SUBJECT TO CHANGE

### More info...

Alternate Lunch- Sandwich (Turkey, Ham, PBJ)  
Salad lunch or Pizza will be available Daily

- **Available Daily** Carrot Sticks,  
assorted fresh fruit and 100% fruit Juice