



Mahopac Middle School

March 2023

27

WG Grilled Cheese
Baked Fries
Fresh Broccoli
Strawberry Cup
Milk

28

Chicken Nugget
Potato Bowl
WG Dinner Roll
Mashed Potato &
Gravy
Sliced Carrots
Sweet Raisins
Milk

1

Bacon Egg &
Cheese on WG Roll
Tater Tots
Cucumber Slices
Red Apple
Milk

2

WG Rotini & Meat
Sauce
Green Beans
Orange Smiles
Milk

3

Grilled BBQ
Chicken Patty
On WG Bun
Black Bean Salad
Blueberries
Milk

6

WG Mozzarella
Sticks W/ Marinara
Dipping Sauce
WG Dinner Roll
Romaine Salad
Mixed Berry Cup
Milk

7

Oven Baked WG
Chicken Nuggets
Sweet Potato Fries
Green Pepper
Strips
Petite Banana
Milk

8

Chicken Philly
Cheese Steak on
WG Roll
Baked Beans
Tomato Wedge
Fresh Pear
Milk

9

WG Chicken Rice &
Bean Burrito
Sweet Corn
Apple Slices
Milk

10

**Superintendent
Conference Day
Schools Closed for
Students**

13

Meatball Parm
WG Sub
Red Pepper Strips
Mixed Bean Salad
Apple Slices
Milk

14

Bacon, Egg &
Cheese
WG Kaiser Roll
Sweet Potato Fries
Sliced Cucumbers
Fresh Grapes
Milk

15

WG Chicken
Nuggets w/
WG Dinner Roll
Romaine Salad
Petite Banana
Milk

16

WG Macaroni &
Cheese WG Dinner
Roll
Broccoli Florets
Blueberries
Milk

17

Soft Turkey Taco
WG Wrap
Charro Beans
Zucchini
Salsa
Fresh Pear
Milk

20

Cheese or Chicken
WG Quesadilla w/
Salsa
WG Cilantro Lime
Rice
Black Bean Salad
Sweet Raisins

21

WG Mini Waffles
w/ Syrup
Chicken Sausage
Sliced Cucumbers
Red Apple
Milk

22

WG Chicken
Tenders w/
WG Dinner Roll
Romaine Salad
Petite Banana
Milk

23

100% Beef Hot Dog
WG-Roll
Baked Fries
Butternut Squash
Strawberry Cup
Milk

24

BBQ Diced
Chicken on a WG
Bun
Green Beans
Peach Cup
Milk

27

WG Bosco Pizza Stick
w/ Tomato Dipping
Sauce
Tater Tots
Romaine salad
Peach Cup
Milk

28

WG French Toast
Sticks w/ Syrup
Chicken Sausage
Patty
Roasted
Cauliflower
Petite Banana
Milk

29

Burger Bar
Hamburgers and
Cheeseburgers w/
Lettuce, Tomato &
Onion
Sweet Potato Fries
Orange Smiles
Milk

30

Soft Beef WG Taco
Cheddar Cheese
Lettuce salsa
Baked Beans
Apple Slices
Milk

31

General Tso WG
Chicken
Plain rice
Broccoli
Strawberry 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**

This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE



Available Daily

Assorted sandwiches, salad entrée, assorted WG pizza, yogurt parfait w/ granola, veggie platters with cheese sticks & WG dinner roll. Hamburger on a WG bun 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.

Kathy Weinborg, Director of Food Service

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