



# Mahopac High School

## February 2022



**February 2nd**

1  
Chicken Nachos W/  
WG Tostito Scoops  
Brown Rice  
Broccoli  
Salsa  
Mixed Berry Cup

2  
WG Grilled Cheese &  
Bacon Sandwich \*\*  
Tater Tots  
Sliced Cucumbers  
Banana

3  
**BREAKFAST FOR LUNCH**  
WG French Toast  
Sticks/Syrup  
Chicken Sausage  
Glazed Carrots  
Applesauce

4  
Egg & Cheese  
WG Roll  
Tater Tots  
Sauté' Zucchini  
Strawberry Cup

7  
Oven Baked WG  
Mozzarella Sticks  
Tomato Dipping  
Sauce  
Tater Tots  
Fresh Apple

8  
Beef Hot Dog  
WG Bun  
Chili Side  
Baked Beans  
Fresh Orange  
*NATIONAL CHILI DAY*

9  
Grilled Chicken  
over Mixed Field  
Greens and  
Spinach Salad  
WG Roll  
OR  
Mac & Cheese  
WG Roll  
Sliced Cucumbers  
Grapes

10  
Sweet & Sour  
Chicken  
Brown Rice  
Cauliflower  
Sliced Pineapple

11  
Oven Roasted BBQ  
Chicken  
WG Roll  
Sweet Potato Fries  
Broccoli  
Mixed Berry Cup

14  
Oven Baked WG  
Chicken Nuggets  
Tater Tots  
Broccoli  
Dinner Roll



15  
Oven Baked WG  
Pizza Sticks  
Dipping Sauce  
Tomato Salad  
Banana

16  
Country  
Chicken Sandwich  
WG Roll  
W/ Bacon Gravy  
Butternut squash  
Mixed Berry Cup



17  
**BREAKFAST FOR LUNCH**  
French Toast  
Sticks/Syrup  
Glazed Carrots  
Chicken Sausage  
Fresh Strawberries

18  
Soft Chicken  
Burrito  
Brown Rice  
Salsa  
Black Bean Salad  
Fresh Apple

21  
**CLOSED**  
**Winter Recess**

22  
**CLOSED**  
**Winter Recess**

23  
**CLOSED**  
**Winter Recess**

24  
**CLOSED**  
**Winter Recess**

25  
**CLOSED**  
**Winter Recess**

28  
WG Chicken Tenders  
BBQ Dipping Sauce  
WG Dinner Roll  
Sweet Corn  
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 Students**,  
Adult meal \$5.07 +tax

If you have a food allergy, please speak to the  
nurse or food server about it

This institution is an equal opportunity provider.



### 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

**## Menu subject to change**