



Mahopac High School

June 2022

		1 Oven Baked WG Chicken Tenders Baked Fries Sweet Corn Dinner Roll Fresh Orange	2 Turkey Nachos W/ WG Tostito Scoops Brown Rice Broccoli Salsa Sliced Cantaloupe	3 Egg & Cheese WG Roll Tater Tots Sauté' Zucchini Strawberry Cup
6 MEATLESS MONDAY Oven Baked WG Mozzarella Sticks Tomato Dipping Sauce Celery Sticks Tater Tots Fresh Apple	7 WG Oven Baked Chicken Nuggets Sweet Corn WG Dinner Roll Strawberry Cup	8 Hamburger/ Cheeseburger – WG Bun Baked Fries Baked Beans Fresh Sliced Cantaloupe	9 BREAKFAST FOR LUNCH WG French Toast Sticks/Syrup Chicken Sausage Broccoli Fresh Banana	10 Grilled Chicken Sandwich W/Lettuce & Tomato-WG Bun Sweet Potato Fries Sliced Watermelon
13 MEATLESS MONDAY WG- Grilled Three Cheese Sandwich Tomato Salad Fresh Apple	14 Oven Baked WG Pizza Sticks Marinara Dipping Sauce Cauliflower Peach Cup <u>LAST DAY OF LUNCH SERVICE</u>	15 NYS Regent Exams	16 NYS Regent Exams	17 NYS Regent Exams
20 CLOSED Juneteenth	21 CLOSED	22 CLOSED	23 	24
27 	28	29	30	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