



Mahopac Middle School

May 2022

2

MEATLESS MONDAY

WG- Grilled Three
Cheese Sandwich
Cauliflower
Fresh Apple

3

WG Oven Baked
Chicken Nuggets
Tater Tots
WG Dinner Roll
Fresh Grapes

4

BREAKFAST FOR LUNCH

WG French Toast
Sticks/Syrup
Glazed Carrots
Chicken Sausage
Sliced Cantaloupe

5

Turkey Nachos W/ WG
Tostito Scoops
Brown Rice
Broccoli/Baked Beans
Mixed Berry Cup



6

Egg & Cheese
WG Roll
Tater Tots
Sauté Zucchini
Strawberry Cup

9

MEATLESS MONDAY

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

10

WG Oven Baked
Chicken Nuggets
Sweet Corn
WG Dinner Roll
Strawberry Cup

11

Beef Meatball Parm
Sub-WG
Broccoli
Fresh Banana

12

Soft Chicken
Burrito
Brown Rice
Black Bean Salad
Sliced Pineapple

13

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

16

Oven Baked WG
Chicken Tenders
Tater Tots
Steamed Broccoli
Dinner Roll
Fresh Orange

17

Oven Baked WG
Pizza Sticks
Marinara Dipping
Sauce
Tomato Salad
Banana

18

Crispy Chicken
Patty Sandwich WG
Bun W/Lettuce &
Tomato
Butternut squash
Mixed Berry Cup

19

BREAKFAST FOR LUNCH
Maple Burst Mini
Waffles
Chicken Sausage
Tater Tots
Fresh Pear

20

PIZZA BAR
Plain, Pepperoni **
OR Vegetable Pizza
Cucumber Salad
Black Bean Salad
Strawberry Cup

23

BREAKFAST FOR LUNCH

WG French Toast
Sticks/Syrup
Glazed Carrots
Chicken Sausage
Mixed Berry Cup

24

Beef Hot Dog
WG Bun
Baked Fries
Baked Beans
Grapes

25

Mac & Cheese
Dinner Roll
Broccoli
Sliced Watermelon

26

Chicken Nachos W/
WG Tostito Scoops
Brown Rice
Sweet Corn
Salsa
Strawberry Cup

27

** Bacon, Egg &
Cheese
WG Roll
Tater Tots
Green Bean Salad
Fresh Apple

30

CLOSED

Memorial Day



31

Hamburger/
Cheeseburger -
WG Bun
Baked Fries
Baked Beans
Peach Cup



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 or **Ham & Cheese), assorted 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