



Mahopac High School

September 2022

Daily Milk Choice
1%
Skim
Fat Free
Chocolate



Call 845-628-3256
x11891 for info



1
The Federal Waivers that provided free meals for all students will expire when the 2023 school year opens. Families are strongly encouraged to apply for free or reduced-price meals.

2
Superintendents Conference Day
CLOSED

5
Labor Day
CLOSED

6
WG Chicken Tenders
BBQ Dipping Sauce
WG Dinner Roll
Oven Baked Fries
Fresh Apple

7
WG French Toast
Sticks W/ Chicken
Sausage
Celery Sticks,
Butternut Squash
Sliced Watermelon

8
Chicken Nachos
W/ Tostito Scoops
Brown Rice
Baked Beans
Salsa
Sliced Pineapple

9
Grilled Chicken
Sandwich-WG Bun
Lettuce, Tomato
Baked Fries
Broccoli
Berry Cup

12
MEATLESS MONDAY
WG Oven Baked
Mozzarella Sticks
Tomato Dipping
Sauce
Tater Tots
Celery Sticks

13
WG Mini Waffles
Syrup
Chicken Sausage
Sliced Cucumbers
Strawberry Cup

14
WG Pasta &
Beef Meatballs
Garlic Bread
Red Pepper Strips
Sweet Corn
Mix Berry Cup

15
Chicken & Cheese
Burrito
Brown Rice
Fresh Broccoli
Salsa
Fresh Orange

16
Buffalo
Chicken Patty –
WG Bun
Baked Fries
Cauliflower
Fresh Grapes

19
MEATLESS MONDAY
WG Baked Pizza
Sticks W/ Marinara
Dipping Sauce
Sweet Corn
Sliced Cantaloupe

20
Oven Baked WG
Chicken Nuggets
Sweet Potato Fries
WG Dinner Roll
Green Pepper Strips
Strawberry Cup

21
WG French Toast
Sticks W/ Chicken
Sausage
Tater Tots
Apple Slices

22
Creamy Mac &
Cheese
WG Dinner Roll
Fresh Broccoli
Sliced Pineapple

23
Soft Chicken Taco
Wrap
Zucchini
Baked Beans
Salsa
Fresh Orange

26
CLOSED
Rosh Hashana

27
CLOSED
Rosh Hashana

28
WG Chicken Tenders
BBQ Dipping Sauce
WG Dinner Roll
Steamed Broccoli
Oven Baked Fries
Fresh Apple

29
Beef Hot Dog-
WG Bun
Baked Beans
Tomato Salad
Banana

30
Meatball Parm-
WG Wedge
Green Beans
Pasta Salad
Mixed Berry Cup

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.



Available Daily

Deli bar, 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

MENU SUBJECT TO CHANGE