



Deli /Panini Sandwiches Made to Order Daily

Mahopac High School
March 2023

27

WG Grilled Cheese
Baked Fries
Sweet Corn
Strawberry Cup
Milk

28

WG Chicken
Tenders
WG Dinner Roll
Baked Beans
Zucchini
Petite Banana
Milk

1

WG French Toast
Sticks
w/ Syrup
Chicken Sausage
Red Pepper Slices
Apple Slices
Milk

2

Chicken Rice & Bean
WG Wrap
Salsa
Black Bean Salad
Peach Cup
Milk

3

Grilled Buffalo
Chicken on WG
Bun
Oven Baked Fries
Romaine Salad
Sweet Raisins
Milk

6

WG Baked Pizza
Sticks W/ Marinara
Dipping Sauce
Romaine Salad
Red Apple
Milk

7

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

8

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

9

WG Macaroni &
Cheese
WG Dinner roll
Broccoli Florets
Apple Sauce
Milk

10

**Superintendent
Conference Day
Schools Closed
for Students**

13

WG Mozzarella Sticks
w/ Tomato dipping
Sauce
Sweet Corn
Romaine Salad
Red Apple
Milk

14

WG Spaghetti &
Meat Sauce
WG Dinner Roll
Petite Banana
Broccoli
Milk

15

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

16

Chicken Parm on a
WG Bun
Sliced Carrots
Blueberries
Milk

17

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

20

Meatball Parm -WG
Wedge
Mixed Bean Salad
Roasted Cauliflower
Strawberry Cup
Milk

21

WG Mini Waffles
Syrup
Chicken Sausage
Sliced Cucumbers
Petite Banana
Milk

22

WG Chicken
Tenders w/ BBQ
Dipping Sauce
WG Dinner Roll
Oven Baked Fries
Green Beans
Orange Smiles
Milk

23

100% All Beef Hot
Dog
On WG Bun
Sweet Potato Fries
Butternut Squash
Red Apple
Milk

24

Baked BBQ
Chicken
WG Dinner Roll
Mashed Potatoes
Broccoli
Peach Cup
Milk

27

WG Bosco Pizza
Sticks w/ Tomato
Dipping Sauce Tater
Tots Corn
Peach Cup
Milk

28

WG French Toast
Sticks w/ Syrup
Roasted Chick
Peas
Chicken Sausage
Petite Banana
Milk

29

Burger Bar
Hamburger/
Cheeseburger &
Vegetarian on WG Bun
Baked Fries
Lettuce Tomato Red
Onion
Orange Smiles

30

Chicken Patty on a
WG Bun
Sweet Potato Fries
Green Beans
Apple Slices
Milk

31

General Tso Chicken
WG
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

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, Milk offered daily.

Kathy Weinborg, Director of Food Service

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