



Mahopac High School

November 2022

	1 Soft Chicken Taco Wrap Cilantro Lime WG Rice Black Bean Salad Fresh Broccoli Salsa Fresh Orange	2 Sausage and Pepper Wedge Romaine Salad Apple Slices	3 Bacon, Egg & Cheese WG Roll Baked Sweet Potato Fries Baby Carrots Fresh Grapes	4 Oven Roasted BBQ Chicken WG Dinner Roll Mashed Potatoes Romaine Salad Strawberry Cup
7 MEATLESS MONDAY WG Baked Pizza Sticks W/ Marinara Dipping Sauce Romaine Salad Sliced Cantaloupe	8 Schools Closed	9 WG French Toast Sticks W/ Chicken Sausage Celery Sticks, Butternut Squash Sliced Watermelon	10 Grilled Chicken Sandwich on WG Bun Lettuce, Tomato Baked Fries Romaine Salad Roasted Chickpeas Berry Cup	11 Schools Closed
14 MEATLESS MONDAY Grilled Cheese or w/ Bacon ** Baked Fries Romaine Salad Sliced Cantaloupe	15 Meatball Parm Wedge Red Pepper Strips Broccoli Mix Berry Cup	16 WG Mini Waffles Syrup Chicken Sausage Black Bean Salad Strawberry Cup	17 Roast Turkey w/ Gravy WG Dinner Roll Mashed Potatoes Steamed Baby Carrots Fresh Pear	18 Buffalo Chicken Filet on WG Bun Steamed Cauliflower Romaine Salad Fresh Grapes
21 MEATLESS MONDAY WG Oven Baked Mozzarella Sticks Tomato Dipping Sauce Tater Tots Romaine Salad Fresh Pear	22 Oven Baked WG Chicken Nuggets Sweet Potato Fries WG Dinner Roll Green Pepper Strips Strawberry Cup	23 ½ Day No Lunch Service	24 Schools Closed	25 Schools Closed
28 Cheese or Chicken Quesadilla w/ Salsa WG Cilantro Lime Rice Black Bean Salad Fresh Orange	29 WG Chicken Tenders w/ WG Dinner Roll Oven Baked Fries Romaine Salad Fresh Apple	30 Grilled Chicken Caesar Wrap Roasted Broccoli Pineapple Chunks	Menu Subject to Change	Daily Milk Choice 1% Skim Fat Free Chocolate

More info...

Paid Lunch: \$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 or Chicken Filet on a WG Bun

Carrot & Celery Sticks Offered Daily

Assorted Breadbasket and Fresh Fruit,
100% Fruit Juice