



Mahopac Middle School

September 2022

Daily Milk Choice
1%
Skim
Fat Free
Chocolate



Call 845628-3256
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 Baked Boneless Chicken Wings
BBQ Dipping Sauce
WG Dinner Roll
Sweet Corn
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 **PIZZA BAR**
Plain, Pepperoni **
OR BBQ Chicken
Broccoli
Strawberry Cup

12 **MEATLESS MONDAY**
Oven Baked
Mozzarella Sticks
Tomato Dipping Sauce
Celery Sticks
Tater Tots
Fresh Pear

13 WG Mini Waffles
Syrup
Chicken Sausage
Glazed Carrots
Strawberry Cup

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

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

16 Egg & Cheese
WG Roll
Tater Tots
Cauliflower
Fresh Grapes

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

20 Oven Baked WG
Chicken Nuggets
Baked Beans
Sweet Potato Fries
Dinner Roll
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
Sautéed Zucchini
Salsa
Fresh Orange

26 **CLOSED**
Rosh Hashana

27 **CLOSED**
Rosh Hashana

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

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

30 Meatball Parm-
WG Wedge
Green Beans
Mixed Berry Cup

More info...

Lunch Price \$2.45

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

SANDWICHES; Turkey, Ham, PBJ. Entree salad lunch, yogurt parfait w/ Fruit. Entrée veggie platters w/. Cheese sticks and dinner roll. Hamburgers on a WG bun, chicken patty on a WG bun, assorted WG pizza. Carrot and celery sticks. Assorted breadbasket and Fresh fruit. 100% fruit Juice