



Mahopac Middle School

March 2019

Daily Milk Choice
1%
Skim
Fat Free
Chocolate



1
Hot & Spicy Chicken
Patty-WG Bun
Oven Baked Fries
Celery Sticks
Strawberry Cup

4
Oven Baked
Mozzarella Sticks
Tomato Dipping
Sauce
Baked Beans
Sweet Corn
Fresh Apple

5
Hamburger/
Cheeseburger-
WG Bun
Tater Tots
Fresh Orange

6
\$\$ DOLLAR DAY \$\$
Oven Baked WG
Chicken Nuggets
W/BBQ Dipping
Sauce
Fresh Broccoli
Fresh Banana
\$1 Lunch

7
WG French Toast
Sticks W/ Turkey
Sausage
Tater Tots,
Carrot Sticks
Fresh Pineapple

8
WG Popcorn
Chicken Bowl
Mashed Potatoes
Red Pepper Strips
WG Dinner Roll
Fresh Grapes

11
Beef Hot Dog
WG Bun
Oven Baked Fries
Baked Beans
Celery Sticks
Sliced Pineapple

12
Egg & Cheese-Roll
Tater Tots
Carrot Sticks
Fresh Orange

13
\$\$ DOLLAR DAY \$\$
Oven Baked Pizza
Sticks
W/Tomato Dipping
Sauce
Fresh Broccoli
Peach Cup
\$1 Lunch

14
DELI DAY
Fresh made Italian
OR American
Combo Sandwich
Baked Potato Crisp
Celery Sticks
Fresh Apple

15
Chicken Nachos W/
WG Tostito Scoops
Brown Rice
Salsa
Sliced Pineapple

18
Oven Baked Pizza
Sticks
Mixed Green Salad
Carrot Sticks
Fresh Apple

19
Chicken Nachos W/
WG Tostito Scoops
Brown Rice,
Corn
Fresh Grapes

20
\$\$ DOLLAR DAY \$\$
Oven Baked WG
Chicken Nuggets
W/BBQ Dipping
Sauce
Fresh Broccoli
Strawberry Cup
\$1 Lunch

21
WG French Toast
Sticks W/ Turkey
Sausage
Tater Tots,
Carrot Sticks
Fresh Apple
LUCKY TRAY DAY

22
BBQ Pulled Turkey-
Roll
Grape Tomatoes
Fresh Orange

25
WG Popcorn
Chicken Bowl
Mashed Potatoes
Sliced Cucumber
WG Dinner Roll
Sliced Melon

26
Hamburger/
Cheeseburger-
WG Bun
Tater Tots
Baked Beans
Fresh Apple

27
\$\$ DOLLAR DAY \$\$
Grilled Cheese-
Sandwich -WG
Oven Baked Fries
Fresh Broccoli
Fresh Banana
\$1 Lunch

28
Buffalo Chicken
Flatbread
Fold Over
Red Pepper Strips
Fresh Orange

29
Chicken Nachos W/
WG Tostito Scoops
Brown Rice
Salsa
Sliced Pineapple

More info...

Lunch Price is \$2.45

If you have a food allergy please speak to the nurse or food server about it.

** = May Contain Pork Product

WG = Whole Grain

To Find Summer feeding programs in your area call 1-866-348-6479

More info...

Available Daily.....SANDWICHES; Turkey, Ham, PBJ, Sunflower butter & jelly. Entree salad lunch, yogurt parfait w/ granola. 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 bread basket.