



# Mahopac High School

## March 2019

**Daily Milk Choice**  
1%  
**Skim**  
**Fat Free**  
**Chocolate**



**1**  
Chicken Nachos W/  
WG Tostito Scoops  
Brown Rice  
Green Bean Salad  
Blueberry Cup

**4**  
Oven Baked  
Mozzarella Sticks  
Tomato Dipping  
Sauce  
Baked Beans  
Fresh Apple

**5**  
Hamburger/  
Cheeseburger-  
WG Bun  
Tater Tots  
Fresh Orange

**6**  
**\$\$ DOLLAR DAY \$\$**  
Oven Baked WG  
Chicken Nuggets  
Dinner Roll  
Fresh Broccoli  
Fresh Banana

**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-on a  
WG Roll  
Tater Tots  
Carrot Sticks  
Fresh Orange

**13**  
**\$\$ DOLLAR DAY \$\$**  
Oven Baked Pizza  
Sticks  
W/Tomato Dipping  
Sauce  
Fresh Broccoli  
Fresh Apple

**14**  
Chicken Nachos W/  
WG Tostito Scoops  
Brown Rice,  
Corn  
Fresh Grapes

**15**  
Chicken Fajita Wrap  
Brown Rice  
Green Beans  
Sliced Pineapple

**18**  
Oven Baked WG  
Chicken Nuggets  
Dinner Roll  
Fresh Broccoli  
Fresh Apple

**19**  
Chicken & Cheese  
Quesadilla  
Brown Rice  
Sweet Corn  
Sliced Melon

**20**  
**\$\$ DOLLAR DAY \$\$**  
Oven Baked WG  
Chicken Nuggets  
Dinner Roll  
Sauce  
Fresh Broccoli  
Strawberry Cup  
**\$1 Lunch**

**21**  
WG French Toast  
Sticks W/ Turkey  
Sausage  
Tater Tots,  
Carrot Sticks  
Fresh Apple

**22**  
BBQ Pulled Turkey-  
on a WG 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  
Green Bean Salad  
Strawberry Cup

### More info...

Lunch Price is \$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.

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### More info...

Available Daily.....Made to order Deli Bar, Salad Bar, 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 bread basket and fresh fruit.