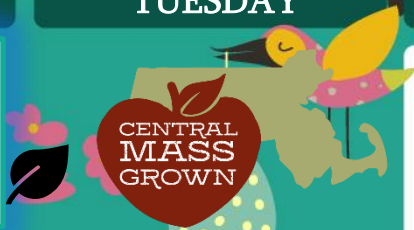


**April is National Garden Month!**  
Celebrated across the U.S. in April to kick off the planting season. Get excited for Spring & start a Home, Community, or School Garden! Try a Butterfly or Storybook Garden

MONDAY

As the Massachusetts Growing Season Begins to pick up, look for the Leaf on the Menu that will Highlight Locally Grown Items

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

1

WG Deep Dish Cheese or Pepperoni Pizza served with Roasted Root Vegetable Hash & Applesauce Cup

2

**National Burrito Day!**  
Chicken Burrito Bowl made with a Local WG Tortilla, Brown Rice, Cheesy Chicken, Beans & Salsa served with Fresh Orange Wedges

3

Homemade Chicken & Rice Soup served with a Side Garden Salad & Fresh Apple Slices

Alternate Meals: Classic Chicken Salad on a W.W. Ciabatta with Lettuce or Muffin Fun Lunch (2oz. WW Muffin & 4oz. Danimal Yogurt)

6

**Jay's BBQ Day!**  
BBQ Chicken Strips over Whole Wheat Mac & Cheese served with Magenta Root Slaw & Fresh Apple

7

Whole Wheat Elbow Pasta & Meat Sauce & Parmesan Cheese served with Roasted Butternut Squash & Strawberry & Cream Cup

8

Big Primo 4 Cheese or Pepperoni Pizza on a Whole Wheat Crust with Steamed Fresh Green Beans & Applesauce Cup

9

Hamburger or Cheeseburger on a Whole Wheat Bun served with Vegetarian Baked Beans & a Pineapple Cup

10

3 WG Chicken Dumplings & 1 WG Vegetable Egg Roll served with Garlicky Roasted Baby Bok Choy & Fresh Banana

Alternate Meals: Ham & Cheese on a W.W. Croissant with Lettuce or GF WG Cheerio Cereal Fun Lunch (1oz. Cereal & 4oz. Danimal Yogurt)

13

**Brunch for Lunch!**  
Egg & Cheese Breakfast Sandwich on a Whole Wheat Croissant served with Hash Browns & Fresh Apple Slices

14

Homemade Chicken Pot Pie with Peas & Carrots topped with a Whole Wheat Biscuit served with a Fresh Cantaloupe Cup

15

**Early Release**  
Choose from the Egg Salad Sandwich, Muffin Fun Lunch, or Chicken Caesar Salad all served with Assorted Fruits & Veggies

16

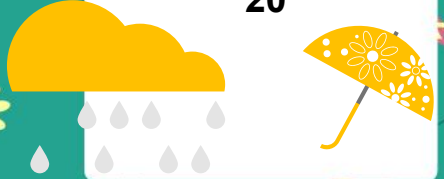
BBQ Chicken & Cheese Whole Wheat Quesadilla served with Seasoned Black Beans & Fresh Orange Wedges

17

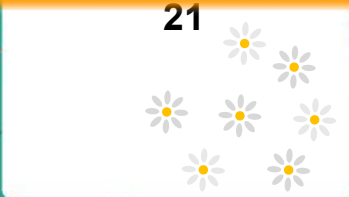
WG Mozzarella Sticks & Chicken Nugget Combo with Marinara Sauce and Citrusy-Cumin Roasted Broccoli & Fresh Fruit

Alternate Meals: Classic Egg Salad Sandwich on a W.G Pretzel Roll with Pickles or WW Bagel Fun Lunch (2oz WW Bagel w/ Cream Cheese & 4oz. Danimal Yogurt)

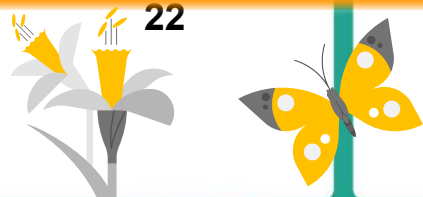
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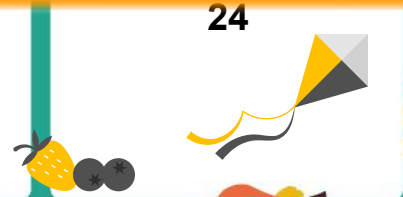
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23



24



27

Turkey Soft Taco in a Whole Wheat Tortilla served with Shredded Cheese, Lettuce, Picante Corn Salsa & a Fresh Apple

28

Tomato Soup with a WG Cheesy Breadstick & Strawberry & Cream Cup

29

WG Cheese or Pepperoni Pizza served with Ratatouille (Seasoned roasted summer squash, zucchini, bell peppers, tomato & onions) & Applesauce

30

Chicken Stir Fry over Brown Rice served with a Seasoned Stir Fry Edamame Veggie Blend & a Pineapple Cup

Alternate Meals: Ham & Cheese Otter Box or Muffin Fun Lunch (2oz. WW Muffin & 4oz. Danimal Yogurt)



A USDA Pre-K Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain, a Plant/Animal Based Protein, Fruits & Vegetables

Assorted Condiments, Skim White, Skim Chocolate, or 1% White Milk are Available Daily

Complete any Meal at our 5-A-Day Bar which features a Seasonal Assortment of Fresh Fruits & Veggies

Alternative Milk Choices such as Lactaid or Soy Milk are available to any student with a documented dietary need

If you have questions or would like additional information, please contact [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)

One Full Reimbursable Lunch is Free to Each Student

A La Carte Items will be charged accordingly

Menu is Subject to Change

Manage Your Student's Account Online [www.MySchoolBucks.com](http://www.MySchoolBucks.com)

This institution is an equal opportunity provider