

Lunch

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

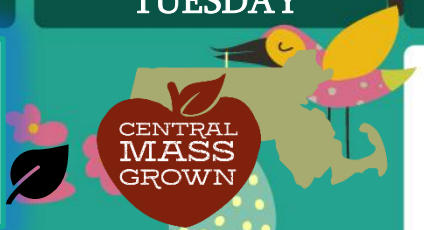
APRIL 2026
 Ralph C. Mahar Regional

Ralph C. Mahar Regional & School Union 73 Website

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

Meals Available at our Grab-n-Go Station: Chef Salad or Chicken Caesar Salads with Whole Wheat Rolls; Fruit, Yogurt & Granola Parfaits; Senator Snack Boxes

6
Brunch for Lunch!
 WG Pancakes, French Toast, or Waffles w/ Scrambled Eggs or Chicken Sausage, Roasted Plantains & Local Maple Syrup
 Featuring Strawberry & Cream Cup

7
Taco Tuesday!
 Soft Flour Tortilla or Crunchy Corn Shell with Chicken, Turkey or Beans, Cheese, Corn, Salsa, Guacamole & Lettuce
 Featuring Homemade Fruit Salsa

8
 BBQ Bone-in Chicken with Corn on the Cob, Mac & Cheese, and Homemade WG Blueberry Buckle
 Featuring Magenta Root Slaw

9
Pasta Bar!
 Choose from Marinara, Pesto, or Alfredo Sauces with Italian Seasoned Chicken or Meatballs over WW Pasta w/ Ratatouille
 Featuring Blueberry & Cream Cup

10
 Korean Beef or Teriyaki Chicken Strips served over Brown Rice with an Egg Roll, Sautéed Broccoli, Bamboo, Carrot & Bell Pepper Medley
 Featuring Corn & Edamame Salad

Meals Available at Burger Queen: Hamburger, Cheeseburger, Grilled Chicken Filet, or Veggie Burger all on Whole Wheat Buns with Baked Fries

13
 Bone-In Roasted Chicken with Pineapple Firecracker Glaze, Pineapple & Scallion Brown Rice & Sweet Roasted Plantains
 Featuring Mexican Slaw & a Chocolate Pudding Cup

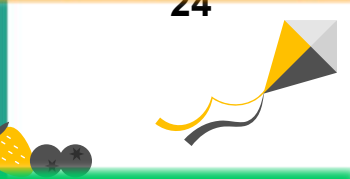
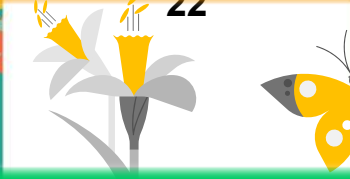
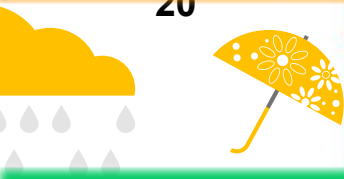
14
 Nashville Hot Honey Chicken Sandwich on a Brioche Bun with Pickles, Shredded Lettuce, Slow Braised Collard Greens & Tots
 Featuring Strawberry & Cream Cup

15
Early Release
 Deli Sandwich, Chicken Caesar Salad w/ WW Roll, Yogurt & Granola Parfait, or Senator Snack Box all with Carroteenies, Fresh Apple, 100% Fruit Juice & Skim/1% Milk

16
Refreshing Acai Bowls!
 Acai & Coconut Milk Puree w/ Granola, Kiwi, Berries, Chia, Pineapple, Sunflower Seeds, Honey, Banana, & Sunbutter
 Featuring Wheatberry Salad

17
 Honey Lemon Bone-in Chicken with Mediterranean Couscous and Local Roasted Leeks
 Featuring Blueberry & Cream Cup & Tuscan White Bean Salad

Meals Available in our Pizza Dojo: Homemade Cheese, Pepperoni, or Veggie Pizza prepared with Low-Fat Mozzarella cheese on Whole Wheat Crust



The Senator Sub Shop! A Build Your Own Deli Station on Assorted Whole Wheat Breads with Fresh Sliced Deli Meats, Cheeses, Toppings, and Sauces

27
 Crispy Chicken Drumstick w/ WG Belgian Waffle, Hot Cinnamon Apples & Local Maple Syrup
 Featuring Strawberry & Cream Cup

28
Taco Tuesday!
 Soft Flour Tortilla or Crunchy Corn Shell with Chicken, Turkey or Beans, Cheese, Corn, Salsa, Guacamole & Lettuce
 Featuring Fresh Pico De Gallo

29
 Sweet Thai Bone-in Chicken with Pad Thai Style WG Noodles with Veggies
 Featuring Asian Rainbow Slaw & a Vanilla Pudding Cup

30
 Homemade Chicken Noodle Soup made with Tender Diced Chicken, Veggies, WW Elbows and Served with a Cheesy Bread Twist
 Featuring Blueberry & Cream Cup



Meals Available Daily at our Snack Shack: WG Nachos & Cheese with Salsa & Guacamole or WG Bavarian Style Pretzel with Cheese or Hummus

1 USDA K-8 Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Veggies
 Assorted Condiments, Carroteenies, 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

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
 This institution is an equal opportunity provider