

AUGUST 2026

Ralph C. Mahar Regional School

Check out our website for menus, recipes, nutritional information, newsletters, updates on Farm to School, pictures & more!

Ralph C. Mahar Regional & School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



August HARVEST of the MONTH PEACHES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: massfarmtoschool.org/hotm

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ALTERNATE MEALS

Burger Queen Meals: Mon. - Chicken Philly Sub / Tue. - BBQ Pulled Pork Sandwich / Wed. - Hamburger/Cheeseburger / Thur. - Chicken & Cheese Quesadilla / Fri. - Sloppy Joe
Senator Sub Shop Meals Available Daily: B.Y.O. Sandwich – Choose from Ham, Turkey, Roast Beef, or Chicken, Assorted Cheeses, Veggies & Sauces on a WW Wrap or Roll
Grab-N-Go Meals Available Daily: Chef Salad or Chicken Caesar Salad with Whole Wheat Rolls / Fruit, Yogurt & Granola Parfait / Vegan Senator Snack Box
Pizza Dojo Meals Available Daily: Homemade Cheese, Pepperoni or Veggie Pizza made with Low-Fat Mozzarella Cheese on a Whole Wheat Crust
Snack Shack Meals Available Daily: WG Nachos with Cheese Sauce, Salsa & Guacamole / WG Bavarian Pretzel with Cheese Sauce or Hummus

24



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Welcome Back!

Crispy Chicken Drumstick with Local Corn on the Cob & Homemade Cinnamon Apple Crisp
 H.S. Feature: Pasta Salad

27

3 Chicken & Veggie Dumplings with 1 WG Egg Roll, a Local Veggie Stir Fry & Local Dumpling Daughter Dipping Sauces
 H.S. Feature: Cool Corn & Edamame Salad

28

Pasta Bar!

Choose from Marinara, Pesto, or Alfredo Sauces with Italian Seasoned Chicken over WW Pasta
 H.S. Feature: Local Tomato, Basil & Fresh Mozzarella Caprese Salad

31

BBQ Pulled Pork Sandwich with a Baked Potato, Sour Cream & Butter

H.S. Feature: Homemade Chipotle Slaw

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

A USDA 6-8 Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Veggies
 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

If you have questions or would like additional information, please contact kbressani@rcmahar.org, please contact kbressani@rcmahar.org

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