

Lunch

Happy Holidays!

DECEMBER 2025
Ralph C. Mahar Regional



Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

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

1

Teriyaki or Sweet Chili Bone In Chicken with Luscious Veggie Lo Mein & a Fortune Cookie
Featuring Fresh Melon Wedges & Hummus Dippers

TUESDAY

2

Taco Bar!
Soft Flour Tortilla, Crunchy Corn Tortilla, Chicken, Turkey, Black Beans, Shredded Cheese & Corn
Featuring Mango Salsa, Guacamole, & Pico de Gallo

WEDNESDAY

3

Homemade BBQ Pulled Pork Sandwich on Whole Wheat Bread with Steamed Corn & Sweet Peas
Featuring Bistro Style Potato Salad & Local Apples

THURSDAY

4

South of the Border Smoked Chicken w/ Santa Fe KoosKoos, Seasoned Pinto Beans & Corn
Featuring Pico de Gallo, Lime Wedges & Guacamole

FRIDAY

5

Vegetable Fried Rice with 3 Chicken Dumplings, 1 Egg Roll, & Soy Glazed Roasted Edamame
Featuring Homemade Asian Slaw & Fresh Beans

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

8

Pasta Bar!
Choose from Marinara, Pesto, or Alfredo Sauces with Chicken Strips, WG Pasta & Ratatouille
Featuring Balsamic Tomato Caprese Salad

9

Homemade 3 Bean Chili in a Bread Bowl with Assorted Toppings
Featuring Arugula Lemon Pesto Pasta Salad & Fresh Melon

10

Crispy Chicken Drumstick with WW Peach Buckle
Featuring Local Hot Apple Cider & a Kale, Apple & Cranberry Salad

11

Ramen Noodle Bar!
BYO with WW Noodles, Chicken, Egg, Tofu, Scallions, Carrots, Corn, Peas & Radishes
Featuring an Asian Rainbow Slaw & Fresh Strawberries

12

Sweet & Sour Chicken with Scallion Pineapple Rice and Steamed Green Beans
Featuring a Cool Corn Edamame Salad & Fresh Strawberries

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

15

Homemade Beef Stew served in a Bread Bowl
Featuring Veggie Pasta Salad & Fresh Clementines

16

Brunch for Lunch!
WW French Toast Sticks or WW Pancakes with Sausage or Scrambled Eggs, Seasoned Potatoes & Real Maple Syrup
Featuring Hot Apple Cider

17

Early Release
Deli Sandwiches, Chicken Caesar or Chef Salad & Senator Snack Boxes all served with Assorted Fruits & Veggies

18

Turkey Dinner!
in Gravy w/ Mashed Potatoes, Roasted Green Beans, WG Stuffing, Butternut Squash, Cinnamon Apple Crisp, & Whole Berry Cranberry Sauce

19

Chicken Tikka Masala served with Roasted Veggies and Mujaddara - a Rice & Lentil Blend
Featuring Cowboy Caviar & Fresh Grapes

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

22

Chicken Pot Pie
Tender Diced White Chicken, Peas & Carrots with a WW Biscuit Topping
Featuring a Holiday Hot Chocolate Bar

23

Early Release
Deli Sandwiches, Chicken Caesar or Chef Salad & Senator Snack Boxes all served with Assorted Fruits & Veggies & a Holiday Cookie

24

25

26

Meals Available Daily at our Snack Shack: Nachos & Cheese Sauce with Salsa & Guacamole or Whole Grain Bavarian Style Pretzels & Cheese Sauce with Hummus Dip

29

30

31



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

- Assorted Condiments, Carroteenies, Skim White, Skim Chocolate, or 1% White Milk are Available Daily •
- Be Sure to 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 any questions or would like additional information regarding this menu, 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 •

• This institution is an equal opportunity provider •

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