

Lunch



Celebrate Chinese New Year!  
2/9 begins the festivities with Little Year,  
then Lunar New Year officially starts on  
2/17 and concludes with Lantern Festival  
on 3/3. Learn more about [Symbolic Foods](#)!

FEBUARY 2026

Ralph C. Mahar Regional

[Ralph C. Mahar Regional &  
School Union 73 Website](#)

MONDAY

2

**Brunch for Lunch!**  
WW French Toast Stick or WW  
Pancakes with Sausage or Scram-  
bled Eggs & Seasoned Potatoes  
Featuring Strawberry & Cream Cup



TUESDAY

3

Homemade Miso Noodle Soup  
with Chicken or Tofu  
*Featuring Quinoa, Black Bean,  
& Roasted Butternut Squash  
Salad with Feta Cheese*



WEDNESDAY

4

Bone-In Roasted Chicken with  
Pineapple Firecracker Glaze, a  
Local Medley of Roasted Rutabaga,  
Sweet Potato & Turnip  
*Featuring Wheatberry Salad*



THURSDAY

5

Chicken Tamale with Green  
Tomatillo Sauce served with Slow  
Cooked Pinto Beans in Salsa  
*Featuring Aztec Grain Salad*



FRIDAY

6

**Pasta Bar!**  
Choose from Marinara, Pesto, or  
Alfredo Sauces with Chicken &  
Steamed Veggies  
*Featuring Three Sisters Salad*



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

9

**Baked Potato Bar!**  
Pulled Pork, Cheese Sauce,  
Protein-Packed 2 Bean Chili, Corn,  
Scallions, Bacon Bits, Tomatoes,  
Sour Cream & WG Corn Bread  
*Featuring Pasta Salad*



10

Italian Ground Beef  
Pasta Bake with Delicata Squash  
Smiles & WG Garlic Texas Toast  
*Featuring Roasted Butternut  
Squash Salad*



11

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



12

**Refreshing Acai Bowls!**  
Acai Puree topped with Granola,  
Fresh Kiwi, Pineapple, Berries,  
Banana, Chia & Sunflower Seeds,  
Honey & Protein-Packed Sunbutter  
*Featuring Wanda's Wonderful  
White Cake*



13

Vegetable Fried Rice with 3  
Chicken Dumplings, 1 Egg Roll,  
& Soy Glazed Roasted  
Edamame  
*Featuring Chef's Choice of  
Fruits & Veggies*



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



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

23

Homemade Chicken & Rice Soup  
with a Cheesy WG Bread Twist  
*Featuring Quinoa & Roasted  
Butternut Squash Salad*

24

Amazing Beef Lo Mein  
served with a Fortune Cookie  
*Featuring Northwest Canned  
Pear, Winter Squash  
& Wheatberry Salad*



25

**Build a Mac & Cheese Bowl!**  
Choose from Ham, Broccoli,  
Butternut Squash, Pico de Gallo  
or Buffalo Chicken  
*Featuring Blueberries & Cream  
Cup*



26

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



27

Chicken Tikka Masala or Falafel  
Nugget with Tikka Masala  
Dipping Sauce with Spinach  
Tabbouli Salad  
*Featuring Power Hummus!*



*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*

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



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](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

- This institution is an equal opportunity provider

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