

# 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!

## FEBRUARY 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 Ruta-  
baga, 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, 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 •
- Manage Your Student's Account Online [www.MySchoolBucks.com](http://www.MySchoolBucks.com)