

# Lunch



JANUARY 2026

Ralph C. Mahar Regional School

Ralph C. Mahar Regional & School Union 73 Website

MONDAY

♥ TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

5

Sweet & Sour or Teriyaki  
Baked Bone in Chicken  
with Pineapple Rice  
& Roasted Potatoes

Featuring Bistro Style Potato  
Salad & Fresh Strawberries

6

Caribbean Spice Blend Chicken  
Strips over Yellow Rice with  
Roasted Sweet Potatoes  
Featuring Fresh Apple & Pear Slaw

7

Vegetable Fried Rice with 3  
Chicken Dumplings, 1 Egg Roll,  
Soy Glazed Roasted Edamame &  
Assorted Dipping Sauces

Featuring Fruit Salsa &  
Strawberries & Cream Cup

8

Black Bean Veggie Burger on a  
Brioche Bun with Lettuce,  
Tomato, Chipotle Mayo and  
Onion Rings

Featuring Apple Cranberry Kale  
Salad

9

Pasta Bar!

With WW Pasta, Homemade  
Meat, Alfredo, Marinara, or  
Pesto Sauce, a WW Garlic Knot  
& Mixed Veggie Medley

Featuring Cucumber Apple Salad

12

Homemade Cream of Chicken  
& Corn Soup with a Cheesy  
WG Bread Twist  
Featuring Apple Cranberry  
Coleslaw

13

Italian Ground Beef  
Pasta Bake with WG Garlic Texas  
Toast & Steamed Veggies  
Featuring Moroccan Carrot & Apple  
Salad

14

Pork Carnitas Baja Bowl over  
Barley with Sofrito Black Beans,  
Pico De Gallo & Roasted Red  
Pepper Ranch Drizzle  
Featuring Gingered Cabbage  
Salad with Apples

15

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

16

Nashville Hot Honey Chicken  
Sandwich on a Brioche Bun with  
Pickles, Shredded lettuce, Corn  
on the Cob & Baked Beans  
Featuring Red Rice Salad with  
Apples

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

19  
No School



20  
No School

Professional Development Day  
& Semester Change Over

21

Homemade Chicken & Turkey  
Jambalaya served with  
a Slice of King Cake  
Featuring Louisiana Style  
Maque Choux

22

Bone In Chicken Fricassee over  
Seasoned Farro with Vichy  
Carrots & a slice of Whole Wheat  
French Bread  
Featuring Apple Yogurt Salad

23

Apple Cider Beef Stew in a  
Bread Bowl  
Featuring Wheatberry & Apple  
Salad

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

26

Turkey Dinner!  
with Mashed Potatoes, WG  
Stuffing, Butternut Squash,  
Homemade Apple Crisp  
Featuring Hot Apple Cider &  
Whole Berry Cranberry Sauce

27

Italian Rice Bake  
(Riso al Forno)  
with WG Garlic Texas Toast,  
Heirloom Tomato Caprese Salad  
Featuring Red Cabbage & Apple  
Slaw

28

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

29

Baked Potato Bar!  
Pulled Pork or Shredded Chicken,  
Cheese Sauce, Corn, Scallions,  
Diced Tomatoes, Sour Cream &  
WG Corn Bread  
Featuring Aztec Grain Salad

30

Korean Beef Bulgogi Rice Bowls  
with Scallions & Roasted  
Carrot, Pepper, & Broccoli Blend  
Featuring Moroccan Carrot Salad

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, 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 [kpressani@rcmahar.org](mailto:kpressani@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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