

Lunch

It's Carnival Season!
Famously celebrated in Brazil, Italy, France, the Caribbean & New Orleans. Carnival begins on January 6th and runs until Mardi Gras on February 17th

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

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

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 Caesar 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 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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