

Parents & Guardians! New this year – On Thursday's Pick-Up Breakfast & Lunch for your Kids and Teens to last through the Weekend!

JULY 2026

OES Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday



Lunch Times & Locations:

Petersham Center School: Monday – Thursday 11:25 a.m. – 11:45 a.m.
Fisher Hill Elementary School: Monday – Thursday 12:00 p.m. – 1:00 p.m.
Ralph C. Mahar Regional School: Monday – Friday 12:00 p.m. – 1:00 p.m.

Hamburger or Cheeseburger on a WW Bun served with Local Lettuce & Tomato, Homemade Magenta Root Slaw made with Local Beets, 100% Fruit Popsicle & Fresh Melon **6**

BBQ Chicken Sandwich on a Whole Wheat Bun, Local Organic Roasted Mixed Summer Squash, Fresh Local Garden Side Salad, Fruit Cup & Fresh Orange Wedges **7**

Cheese or Pepperoni Pizza on Whole Wheat Crust with Sauteed Local Kale, Fresh Local Sugar Snap Peas, a Fruit Cup & Fresh Apple Slices **8**

2 Turkey Street Tacos with Shredded Cheese, Homemade Pico De Gallo made with Local Cilantro & Tomatoes, Refried Beans, Fruit Cup & Petite Banana **9**

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Pick Up a Grab-n-Go Lunch for Friday, Saturday & Sunday!

Grab-n-Go for 7/6 - 7/9: Egg Salad Sandwich w/ Local Lettuce on WW Bread or Protein Packed Bento Box with Fresh Local Berries & WG Chips

BBQ Pulled Pork Sandwich on a WW Bun with Seasoned Roasted Potato Wedges, Fresh Local Garden Side Salad, a Fruit Cup & Fresh Melon **13**

Whole Grain Breaded Chicken Nugget with Sauteed Local Rainbow Swiss Chard, Baby Carrots, Fruit Cup & Fresh Orange Wedges **14**

All Beef Hot Dog on a WW Bun served with a Seasoned Blend of Roasted Local Rutabaga, Sweet Potato & Turnip, Crunchy Celery Sticks, a Fruit Cup & Fresh Apple Slices **15**

Chicken Meatball Sub on WW w/ Marinara & Melted Cheese, Homemade Caprese Salad made with Local Tomatoes & Basil, a Fruit Cup & Petite Banana **16**

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Pick Up a Grab-n-Go Lunch for Friday, Saturday & Sunday!

Alternate Meals for 7/13 - 7/16: Sunbutter & Jelly Sandwich on WW Bread or Protein Packed Bento Box with Fresh Local Berries & WG Chips

Tomato Soup with WW Texas Toast, Mozzarella String Cheese, a Fresh Local Garden Side Salad, a Fruit Cup & Fresh Melon **20**

Chicken & Vegetable Dumplings served with Sauteed Local Baby Bok Choy, a Homemade Cool Corn & Edamame Salad, a Fruit Cup & Fresh Orange Wedges **21**

Chicken Alfredo with WW Elbows & Local Roasted Broccoli, Local Fresh Cucumber Wheels, Fruit Cup & Fresh Apple Slices **22**

Chicken Gyro on a WW Flatbread with Homemade Tabbouli made with Local Herbs, Tomatoes & Cucumbers, Cedar's Hummus, a Fruit Cup & Petite Banana **23**

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Pick Up a Grab-n-Go Lunch for Friday, Saturday & Sunday!

Alternate Meals for 7/20 - 7/23: Tuna Salad Sandwich w/ Local Lettuce on WW Bread or Protein Packed Bento Box with Fresh Local Berries & WG Chips

WG Chicken Eggroll with String Cheese, Soy & Ginger Stir-fried Local Cabbage, Carrots, Celery & Broccoli Medley, Fresh Veggies, Fruit Cup & Fresh Melon **27**

Chicken Philly Cheesesteak served with Seasoned Sweet Potato Fries, Local Cucumber Wheels, Fruit Cup & Fresh Orange Wedges **28**

Scrambled Eggs with Whole Grain Waffles, Crispy Hashbrowns, Fresh Local Garden Side Salad, Fruit Cup & Fresh Apple Slices **29**

Shredded Chicken & Cheese Quesadilla, Homemade Pico De Gallo made with Local Cilantro & Tomatoes, Crunchy Celery Sticks, Fruit Cup & Petite Banana **30**

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Pick Up a Grab-n-Go Lunch for Friday, Saturday & Sunday!

Alternate Meals for 7/27 - 7/30: All American WW Sub or Protein Packed Bento Box with Fresh Local Berries & WG Chips

One Full Reimbursable Lunch is Free to Kids & Teens ages 0-18

If you have any questions, or would like additional information regarding this menu, please contact your Food Service Director at kbressani@rcmahar.org

This institution is an equal opportunity provider.

A USDA SFSP Reimbursable Lunch Includes.... 1 cup of Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, ½ cup portions of Fruits & Vegetables. Pick at Least 3 for a Complete Meal!

Assorted Condiments, Skim Milk, or 1% White Milk are Available Daily.

Alternative Milk Choices, such as Lactaid or Soy Milk, are available with a documented dietary need.