

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

# JULY 2026

## RCM 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.

**6** 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

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

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

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

**10** Grilled Flat Iron Steak or Atlantic Salmon! Served with Corn on the Cob, Homemade Pasta Salad, Local Greens Side Salad, Ice Cream Cup, Mixed Berry Slushy Cup & Fresh Local

*Grab-n-Go for 7/6 - 7/10: Egg Salad Sandwich w/ Local Lettuce on WW Bread or Chef Salad w/ WG Chips or Local Fruit, Yogurt & Granola Parfait*

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

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

**15** 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

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

**17** Lasagna Roll-Up Served with Local Greens Side Salad, Mixed Berry Slushy Cup & Fresh Local Berries

*Alternate Meals for 7/13 - 7/17: Sunbutter & Jelly Sandwich on WW Bread or Cobb Salad w/ WG Chips or Local Fruit, Yogurt & Granola Parfait*

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

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

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

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

**24** BBQ Baked Bone-In Chicken served with Corn on the Cob, Homemade Pasta Salad, Local Greens Side Salad, Mixed Berry Slushy Cup & Fresh Local

*Alternate Meals for 7/20 - 7/24: Tuna Salad Sandwich w/ Local Lettuce on WW Bread or Greek Salad w/ WG Chips or Local Fruit, Yogurt & Granola Parfait*

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

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

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

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

**31** Crispy Chicken Drumstick served with Seasoned Baked Potato Wedges, Homemade Pasta Salad, Local Greens Side Salad, Strawberry Slushy Cup & Fresh Local Peaches

*Alternate Meals for 7/27 - 7/31: All American WW Sub or Chicken Caesar Salad w/ WG Chips or Local Fruit, Yogurt & Granola Parfait*

**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](mailto: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.*