


Lunch

The Massachusetts Farm to School Feature for June is Strawberries! We're sourcing Local Strawberries, Asparagus, Tomatoes, Herbs, & Leafy Greens! Find fun Recipes [here!](#)

JUNE 2026
Ralph C. Mahar Regional

Ralph C. Mahar Regional & School Union 73 Website

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Build-A-Ramen Noodle Bowl! WG Ramen Noodles with Broth then add Chicken, Hard-Boiled Egg, Edamame, Broccoli, Mushrooms, Radishes, Fresh Herbs, Scallions, or Shredded Carrot</p>	<p>2</p> <p>Nachos! Corn Tortilla Chips with Pulled Chicken, Ground Turkey or Beans, Cheese Sauce Dip Cup, Corn, Salsa, Guacamole, Olives, Sour Cream & Lettuce</p>	<p>3</p> <p>Pasta Bar! Choose from Marinara, Pesto, or Alfredo Sauces with Italian Seasoned Chicken Strips or Beef Meatballs over WW Pasta w/ Roasted Broccoli</p>	<p>4</p> <p>Bone-In Roasted Chicken with Pineapple Firecracker Glaze, Herb & Scallion Brown Rice & Purple Pirate Potatoes</p>	<p>5</p> <p>Baked Potato Bar! BBQ Pulled Pork or Chicken, Cheese, Ranchero Beans, Corn, Scallions, Broccoli, Bacon Bits, Tomatoes, Sour Cream & WG Corn Bread</p>
<p><i>Meals Available at Burger Queen: Hamburger, Cheeseburger, Grilled Chicken Filet, or Veggie Burger all on Whole Wheat Buns with Baked Fries</i></p>				
<p>8</p> <p>Homemade Chicken Cacciatore over WW Pasta with a Slice of WW Texas Garlic Toast <i>Featuring Tuscan White Bean Salad</i></p>	<p>9</p> <p>6th Grade Step Up - Taco Tuesday! Soft Flour Tortilla or Crunchy Corn Shell with Chicken, Turkey or Beans, Cheese, Corn, Salsa, Guacamole, Olives, Sour Cream & Lettuce</p>	<p>10</p> <p>Chili Verde Rice Bowl Shredded Pork or Chicken slowly simmered in tomatillos, chilies, garlic & onions. Then served over Brown Rice with Corn on the Cob <i>Featuring Fresh Pico De Gallo</i></p>	<p>11</p> <p>Refreshing Acai Bowls! Acai & Coconut Milk Puree topped w/ Granola, Fresh Kiwi, Berries, Pineapple, Chia, Sunflower Seeds, Banana, Honey & Sunbutter <i>Featuring Wheatberry Salad</i></p>	<p>12</p> <p>Homemade Buffalo Chicken Dip with Whole Grain Tortilla Chips, Carrot & Celery Sticks <i>Featuring Local Strawberries</i></p>
<p><i>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</i></p>				
<p>15</p> <p>Lettuce Wraps! Thai Chicken or Beef with Brown Rice, Mango, Pineapple, Bell Peppers & Cilantro in a Lettuce Wrap and served with Sriracha <i>Featuring Popsicles & Ice Cups!</i></p>	<p>16</p> <p>Early Release - Last Day of School! <i>Deli Sandwich, Chicken Caesar Salad w/ WW Roll, Yogurt & Granola Parfait, or Senator Snack Box all with Carroteenies, Fresh Apple, 100% Fruit Juice & Skim/1% Milk</i></p>	<p>17</p>	<p>18</p>	
<p><i>Meals Available in our Pizza Dojo: Homemade Cheese, Pepperoni, or Veggie Pizza</i></p>				

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

SCHOOL IS OUT
FREE MEALS ARE IN
SUMMER IS ON!

FIND A SUMMER EATS SITE AT PROJECTBREAD.ORG/SUMMEREATSMA



Our Summer Eats Program for Kids & Teens Begins Monday July 6th and Ends on Friday July 31st.
Breakfast is available from 8:30 a.m. – 9:30 a.m. & Lunch is available from 12:00 p.m. – 1:00 p.m.
Join us for our Summer Party on Friday July 10th at Ralph C. Mahar Regional for food, live music, games, prizes, face painting, and an obstacle course! [Find a Site Near You!](#)



A USDA Reimbursable Lunch Includes... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Veggies
Assorted Condiments, Carroteenies, Skim White, Skim Chocolate, or 1% White Milk are Available Daily

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 questions or would like additional information, please contact kbressani@rcmahar.org, 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
Manage Your Student's Account Online www.MySchoolBucks.com
This institution is an equal opportunity provider