

Lunch

March is National Nutrition Month!
 "Discover the Power of Nutrition." Good has the power to you thrive, power your day & build healthy habits into your day to help you feel great now and in the future!

MARCH 2026
Petersham Center School

Ralph C. Mahar Regional & School Union 73 Website

MONDAY

2

BBQ Chicken Filet Sandwich on a Whole Wheat Bun with Seasoned Baked Fries, Tex-Mex Corn Salad, Peach Slushy Cup & a Fresh Local Apple

TUESDAY

3

Korean Beef over Brown Rice with Sautéed Carrot & Sweet Bell Pepper Stir-Fry Strips, Cherry Tomatoes, Strawberry & Cream Cup & Fresh Cantaloupe Cup

WEDNESDAY

4

WG French Bread Cheese or Pepperoni Pizza with Steamed Mixed Veggies, Cucumber Wheels, Fresh Banana & Mixed Berry Slushy Cup

THURSDAY

5

WG Tostitos Scoops with Seasoned Turkey, Sofrito Black Beans, Shredded Lettuce, Homemade Bean Salsa, Guacamole, Pear Cup & Fresh Anjou Pear

FRIDAY

6

Cheeseburger WG Mac & Cheese with Steamed Broccoli, & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Mediterranean Chicken & Pesto Sandwich on W.W. Flatbread, WW Bagel Fun Lunch or Chef Salad w/ a Whole Wheat Dinner Roll

9

National Meatball Day!

Chicken Meatball WW Sub with Melty Mozzarella Cheese, Seasoned Baked Fries, Corn & Pepper Salad, Peach Slushy Cup & a Fresh Local Apple

10

Chili Mac made with Seasoned Turkey & WG Elbows served with Sweet Potato Fries, Sweet Red Pepper Strips, Strawberry & Cream Cup & Fresh Honeydew Melon Cup

11

Early Release

Choose from The All-American Sub, Muffin Fun Lunch, or Acai Bowl all served with Assorted Fruits & Veggies

12

Chicken & Cheese Quesadilla with Refried Beans, Salsa, Sour Cream, Marinated Garbanzo Bean Salad, Sliced Apple & Cinnamon Cup & Fresh Grapes

13

National Chicken Noodle Soup Day!

Homemade Chicken Noodle Soup made with WW Elbows, served with a Side Caesar Salad & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: The All-American Sub Sandwich on Whole Wheat, Muffin Fun Lunch or Acai Bowl topped w/ Granola, Sunflower Seeds & Fresh Fruit

16

Brunch for Lunch!

Cinnamon Glaze WG French Toast Sticks with Purple Pirate Potatoes, Corn Salad, Peach Slushy Cup & a Local Fresh Apple

17

Happy St. Patrick's Day!

Homemade Shepherd's Pie with a WG Shamrock Cookie, Carrots, Strawberry & Cream Cup & Fresh Cantaloupe Cup

18

Big Primo 4 Cheese or Pepperoni Pizza on a WW Crust with Roasted Cauliflower, Snow Pea Snackers, Pineapple Cup & Fresh Banana

19

2 Crunchy Turkey Tacos served with Rice & Beans, Salsa, Shredded Lettuce, Cheese, Guacamole, Cinnamon Applesauce Cup & a Fresh Anjou Pear

20

Teriyaki Chicken Filet Sandwich on a Whole Wheat Bun with Garlic Roasted Bok Choy & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Ham & Cheese W.W. Wrap with Lettuce & a Pickle, GF Cheerio Cereal Fun Lunch or Berry Chicken Salad with W.W. Pita

23

Chicken Parmesan Sandwich on Whole Wheat Ciabatta, Steamed Corn, Homemade Potato Salad, Peach Slushy Cup & a Fresh Local Apple

24

National Waffle Day!

Crispy Chicken Drumstick with a WG Belgian Waffle, Cinnamon Roasted Local Butternut Squash, Carrots, Strawberry & Cream Cup & Fresh Honeydew Melon Cup

25

No School

Teacher Professional Development

26

Red Sox Opening Day!

Ball Park Hot Dog with Boston Baked Beans, Hummus & Veggie Snackers, 100% Organic Fruit Rainbow Popsicle & Fresh Grapes

27

Chicken & Broccoli Alfredo made with WG Pasta, served with Steamed Italian Seasoned Broccoli & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Sunbutter & Jelly Sandwich on Whole Wheat, WW Bagel Fun Lunch or Ham & Cheese Fox Box

30

Brunch for Lunch!

WG Pancakes with Scrambled Eggs, Sweet Roasted Plantains, Spring Pea & Radish Salad, Peach Slushy Cup & a Fresh Local Apple

31

Hamburger or Cheeseburger on a WW Bun, Baked Sweet Potato Fries, Heirloom Cherry Tomatoes, Strawberry & Cream Cup & Fresh Cantaloupe Cup

A USDA K-8 Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables

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

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

