

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 Ralph C. Mahar Regional

Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

2

Bone-in Teriyaki Chicken with Fried Brown Rice, Sweet Soy Glazed Edamame and a Fortune Cookie
 Featuring Blueberry & Cream Cup

3

Lantern Festival!
 Korean Beef or Teriyaki Chicken strips served over Brown Rice with Sauteed Broccoli, Bamboo, Carrot & Bell Pepper Medley
 Featuring Zesty 3 Bean Salad

4

Turkey Dinner!
 with Gravy, Mashed Potatoes, WG Stuffing, Butternut Squash, Homemade Apple Crisp
 Featuring Whole Berry Cranberry Sauce

5

Brunch for Lunch!
 WG Pancakes, French Toast, or Waffles w/ Scrambled Eggs or Turkey Bacon & Plantains
 Featuring Strawberry & Cream Cup

6

BBQ Bone-in Chicken with Corn on the Cob and Homemade WG Blueberry Buckle
 Featuring Magenta Root Slaw

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

9

National Meatball Day!
 Choose from Marinara, Pesto, or Alfredo Sauces with Italian Seasoned Chicken or Beef Meatballs over WW Pasta w/ Ratatouille
 Featuring Blueberry & Cream Cup

10

Taco Tuesday!
 Soft Flour Tortilla or Crunchy Corn Shell with Chicken, Turkey or Beans, Cheese, Corn, Salsa, Guacamole & Lettuce
 Featuring Homemade Fruit Salsa

11

Early Release
 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



12

Bone-In Roasted Chicken with Pineapple Firecracker Glaze, Pineapple & Scallion Brown Rice & Roasted Plantains
 Featuring Mexican Slaw & a Chocolate Pudding Cup

13

National Chicken Noodle Soup Day!
 Homemade Chicken Noodle Soup made with Tender Diced Chicken, Veggies, WW Elbows and Served with a Cheesy Bread Twist
 Featuring Strawberry & Cream Cup

Meals Available in our Pizza Dojo: Homemade Cheese, Pepperoni, or Veggie Pizza prepared with Low-Fat Mozzarella cheese on Whole Wheat Crust

16

Honey Lemon Bone-in Chicken with Mediterranean Couscous and Local Roasted Leeks
 Featuring Blueberry & Cream Cup & Tuscan White Bean Salad

17

Happy St. Patrick's Day!
 Homemade Shepherd's Pie with Irish Soda Bread & Butter
 Featuring Northwest Pear, Winter Squash & Wheatberry Salad

18

Nashville Hot Honey Chicken Sandwich on a Brioche Bun with Pickles, Shredded lettuce, Corn on the Cob & Baked Beans
 Featuring Strawberry & Cream Cup

19

Sweet Thai Bone-in Chicken with Pad Thai Style WG Noodles with Veggies
 Featuring Asian Rainbow Slaw & a Vanilla Pudding Cup

20

Refreshing Acai Bowls!
 Acai & Coconut Milk Puree topped w/ Granola, Fresh Kiwi, Berries, Pineapple, Chia, Sunflower Seeds, Banana, Honey & Sunbutter
 Featuring Wheatberry 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

23

Moroccan Seasoned Bone-in Chicken with North African Red Lentils & Couscous
 Featuring Blueberry & Cream Cup & Hummus, Tabbouleh & WW Pita

24

National Waffle Day!
 Crispy Chicken Drumstick w/ WG Belgian Waffle, Hot Cinnamon Apples & Local Maple Syrup
 Featuring Strawberry & Cream Cup

25

No School
Teacher Professional Development

26

Red Sox Opening Day!
 Build an All-Beef Ball Park Dog on a WW Bun with Toppings & Boston Baked Beans
 Featuring a 100% Organic Fruit Rainbow Popsicle

27

Ranch Seasoned Bone-in Chicken with a WG Biscuit & Baked Potato with all the Fixins' like Sour Cream, Butter, Scallions, & Bacon Bits
 Featuring Putnam Peach Slaw

Meals Available Daily at our Snack Shack: Nachos & Cheese Sauce with Salsa & Guacamole or Whole Grain Bavarian Style Pretzels & Cheese Sauce or Hummus Dip

30

Brunch for Lunch!
 WG Pancakes, French Toast, or Waffles w/ Scrambled Eggs or Turkey Sausage & Purple Pirate Potatoes
 Featuring Strawberry & Cream Cup

31

Taco Tuesday!
 Soft Flour Tortilla or Crunchy Corn Shell with Chicken, Turkey or Beans, Cheese, Corn, Salsa, Guacamole & Lettuce
 Featuring Fresh Pico De Gallo

A USDA 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

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