

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May
HARVEST
of the
MONTH
SEAFOOD



The Massachusetts Farm to School Feature for May is Seafood! We are serving up responsibly harvested sustainable seafood from New England. Learn More [Here](#)

SCHOOL LUNCH HERO DAY
MAY 1, 2026

1
It's National BBQ Month!
BBQ Bone-in Chicken with Corn on the Cob and Homemade WG Apple Cobbler
Featuring Putnum 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

4

Bone-in Teriyaki Chicken with Fried Brown Rice, Sweet Soy Glazed Edamame and a Fortune Cookie

Featuring Spring Pea & Mint Salad

5

National Enchilada Day!

Chicken or Locally Grown Mushroom, Bean & Cheese Enchiladas served with Santa Fe Rice, Fiesta Corn, Guacamole & Sour Cream

Featuring Homemade Fruit Salsa

6

Korean Beef or Teriyaki Chicken strips served over Brown Rice with Sauteed Broccoli, Bamboo, Carrot & Bell Pepper Medley

Featuring Sweet Potato & Black Bean Salad

7

Turkey Dinner!

with Gravy, Mashed Potatoes, WG Stuffing, Butternut Squash, Homemade Apple Crisp

Featuring Whole Cranberry Sauce

8

Brunch for Lunch!

WG Pancakes, French Toast, or Waffles w/ Scrambled Eggs or Turkey Bacon & Sweet Plantains

Featuring Strawberry & Cream Cup

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

11

Pasta Bar!

Choose from Marinara, Pesto, or Alfredo Sauces with Italian Seasoned Chicken or Beef Meatballs over WW Pasta w/ Ratatouille

Featuring Blueberry & Cream Cup

12

Taco Tuesday!

Soft Flour Tortilla or Crunchy Corn Shell with Chicken, Turkey or Beans, Cheese, Corn, Salsa, Guacamole & Lettuce

Featuring Fresh Pico De Gallo

13

Baked Potato Bar!

BBQ Pulled Pork, Cheese, 2 Bean Chili, Corn, Scallions, Broccoli, Bacon Bits, Tomatoes, Sour Cream & WG Corn Bread

Featuring Pasta Salad

14

National Buttermilk Biscuit Day!

Chicken Pot Pie with a WG Buttermilk Biscuit

Featuring Southwest Seasoned Black Bean Salad

15

Homemade Chicken Noodle Soup made with Tender Diced Chicken, Veggies, WW Elbows and Served with a Cheesy Bread Twist

Featuring Cherry Tomato & Corn Salad

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

18

Wild Rice Chicken or Pulled Pork Bowl with Fresh Local Cilantro & a Chipotle Ranch Drizzle

Featuring Magenta Root Slaw

19

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

Featuring Strawberry & Cream

20

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



21

Fresh Atlantic Salmon Filet Roasted Lemon & Fresh Herbs and Served with Wild Rice and Local Asparagus

Featuring Tuscan White Bean Salad

22

Homemade Buffalo Chicken Dip with Whole Grain Tortilla Chips, Carrot & Celery Sticks

Featuring Corn & Edamame 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

25



26

Crispy Chicken Drumstick w/ a WG Belgian Waffle, Hot Cinnamon Apples & Local Maple Syrup

Featuring Strawberry & Cream Cup

27

Chicken Gyro Sandwich on a Soft WW Flat Bread with Seasoned Roasted Eggplant

Featuring Hummus & Homemade Tabbouleh

28

Brunch for Lunch!

WG Pancakes, French Toast, or Waffles w/ Scrambled Eggs or Turkey Sausage & Purple Pirate Potatoes

Featuring Tex Mex Corn Salad

29

Refreshing Acai Bowls!

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

Featuring Wheatberry Salad

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

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

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

Assorted Condiments, 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