



Monday

Tuesday

Wednesday

Thursday

Friday



Alternate Meals: Vegetarian WG Apple Muffin Fun Lunch, Crispy Chicken Salad with a WW Roll, Vegan Sunrise Otter Box

5

Bone-In Herb Roasted Chicken with Italian Tortellini Salad, Fresh Cucumber Wheels, Peach Cup & Fresh Melon

6

Korean Beef over Brown Rice with Carrot & Red Bell Pepper Stir-Fry, Carroteenies, Pear Cup & Local Eco Heirloom Gravenstein Apple

7

WG Stuffed Crust Cheese or Pepperoni Pizza with Seasoned Baked Fries, Confetti Corn Salad, Mixed Fruit Cup & Fresh Local Stone Fruit

8

WG Tostitos Scoops with Seasoned Turkey, Sofrito Black Beans, Shredded Lettuce, Homemade Bean Salsa, Applesauce Cup & Fresh Grapes

9

Crispy Chicken Sandwich on Whole Wheat Bun served with Romaine Lettuce & Fresh Tomato Slice & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian WG Bagel Fun Lunch, Tuna Salad Sandwich on WW with Lettuce, or Vegan Strawberry & Sunflower Salad with WW Pita

12

13

Homemade Pasta Fagioli Soup with Tomato, Basil Mozzarella Salad, Pear Cup & Local Eco Heirloom Hubbardston Nonesuch Apple

14

Big Primo NY Style Cheese or Pepperoni Pizza with Pizza Green Beans, Local Sweet Green Bell Peppers, Mixed Fruit Cup & Fresh Local Pear

15

3 Chicken & Vegetable Dumplings with a WG Egg Roll, Roasted Edamame, Cool Corn & Edamame Salad, Applesauce Cup & Fresh Grapes

16

Chicken & Broccoli Alfredo over Whole Wheat Pasta served with Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian GF Cereal Fun Lunch, Vegan Sunbutter & Jelly Sandwich on WW, Turkey & Cheese Otter Box

19

WG Breaded Pollock Fish Sticks served with Tartar Sauce, Rosemary Roasted Vegetables, Jicama Salad, Peach Cup & Fresh Melon

20

Chicken Cacciatore over Whole Wheat Pasta with Parmesan Cheese, Farmer's Market Bruschetta Side Salad, Pear Cup, Local Eco Heirloom Pitmaston Pineapple Apple

21

Early Release
Choose from Muffin Fun Lunch, Avocado Salad, or Egg Salad Sandwich all served with Assorted Fruits & Veggies

22

Classic Sloppy Joe on a Whole Wheat Bun served with Baked Beans, Marinated Garbanzo Bean Salad, Applesauce Cup & Fresh Grapes

23

Baked North Atlantic Salmon with Herbs & Lemon over Wild Rice with Roasted Broccoli and Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian WG Blueberry Muffin Fun Lunch, Egg Salad Sandwich on WW, or Vegan Ava's Avocado Salad with WG Tortilla Chips

26

Lasagna Roll Up topped with Marinara Sauce & Melted Mozzarella Cheese served with Steamed Corn, Bistro Potato Salad, Peach Cup & Fresh Melon

27

Jay's BBQ Day!
BBQ Pulled Pork Sandwich on a WW Bun with Sweet Potato Fries, Sweet Red Pepper Strips, Pear Cup, Local Eco Heirloom Karmijin de Sonnevill Apple

28

Cheesy Stuffed Breadstick with Marinara Dipping Sauce, Homemade Ratatouille, Marinated Mushroom Salad, Mixed Fruit Cup & Fresh Local Pear

29

Head West on the Oregon Trail!
Seasoned Turkey Taco Meat on Corn Bread with Baked Beans, Cowboy Caviar, Applesauce Cup & Fresh Grapes

30

Sweet & Sour Chicken served with Pineapple & Scallion Brown Rice, Roasted Baby Bok Choy and Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian WG Bagel Fun Lunch, All American Sub on WW, or Vegan Ants-Of-The-Log Otter Box

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 K-8 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

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