



Monday

Tuesday

Wednesday

Thursday

Friday



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

Celebrate Italian American Heritage Month

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 Fox 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 Fox Box

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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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