



OCTOBER 2026

Ralph C. Mahar Regional School

Monday

Tuesday

Wednesday

Thursday

Friday

October is...
**MASSACHUSETTS
FARM TO SCHOOL
#F2SMONTH**

Snack Shack Meals Available Daily: WG Nachos with Cheese Sauce, Salsa & Guacamole / WG Bavarian Pretzel with Cheese

5
Bone-In BBQ Chicken
with Local Corn on the Cob &
Homemade Cinnamon
Apple Crisp
H.S. Feature: Classic Potato Salad

Chili Verde Rice Bowl 6
Shredded Pork or Chicken sim-
mered in local tomatoes, chilies,
garlic & onions served over Brown
Rice with Mexican Street Corn
H.S. Feature: Mexican Pasta Salad

7
3 Chicken & Veggie Dumpling
with 1 WG Egg Roll, Veggie Stir
Fry & Local Dumpling Daughter
Dipping Sauces
*H.S. Feature: Cool Corn &
Edamame Salad*

Atlantic Baked Haddock! 8
Baked with a Buttery Lemon &
Breadcrumb topping served with
Wild Rice & Roasted Local
Delicata Squash Smiles
H.S. Feature: Tuscan Bean Salad

Student Request! 2
Toasted 3 Cheese Sandwich on
WW Bread with Tomato Soup
H.S. Feature: Caesar Salad

Student Request! 9
Homemade Fish Chowder
in a Bread Bowl
*H.S. Feature: Roasted Cherry
Tomato, Quinoa & Chickpea Salad*

Pizza Dojo Meals Available Daily: Homemade Cheese, Pepperoni or Veggie Pizza made with Low-Fat Mozzarella Cheese on a Whole Wheat Crust

12

Bone-In Herb Roasted
Chicken with Roasted Rosemary
Vegetables & Cornbread
*H.S. Feature: Green Bean,
Cranberry & Sunflower Seed Salad*

13
WG Pancakes, French Toast, or
Waffles w/ Scrambled Eggs or
Baked Ham, Sweet Plantains &
Local Massachusetts Maple Syrup
H.S. Feature: Local Hot Cider

Brunch for Lunch! 14
Chicken Pot Pie with a
Whole Grain Buttermilk Biscuit Top
H.S. Feature: Magenta Root Slaw

15
Homemade Pasta
Fagioli Soup
*H.S. Feature: Tomato, Basil
Mozzarella Salad*

16

Burger Queen Meals: Mon. - Chicken Philly Sub / Tue. - BBQ Pulled Pork Sandwich / Wed. - Hamburger/Cheeseburger / Thur. - Chicken & Cheese Quesadilla / Fri. - Meatball Sub

Hawaiian Poke Bowl 19
Brown Rice, Poke Sauce, Sriracha
Mayo, Alaskan Pollock Sticks,
Edamame, Pineapple, Cucumber
Scallions & Red Onions
H.S. Feature: Tajin Fruit Salad

Chicken Cacciatore 20
Chicken simmered in a Home-
made Sauce of Tomato, Garlic,
Onion & Pepper over WW Pasta
*H.S. Feature: Farmer's Market
Bruschetta Side Salad*

Early Release 21
*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*

22
Mini Baked Meatloaf's
with Mashed Potatoes & a Fresh
Baked WW Garlic Knot
*H.S. Feature: Classic Cole Slaw &
Whole Berry Cranberry Sauce*

23
Homemade Turkey
& 3 Bean Chili with Shredded
Cheddar Cheese in a Bread Bowl
*H.S. Feature: Southwest Caesar
Salad*

Senator Sub Shop Meals Available Daily: B.Y.O. Sandwich – Choose from Ham, Turkey, Roast Beef, or Chicken, Assorted Cheeses, Veggies & Sauces on a WW Wrap or Roll

26
Chicken Gyro Sandwich
on a Soft WW Flat Bread with
Hummus & Seasoned Roasted
Eggplant
*H.S. Feature: Homemade
Tabbouleh Salad*

Pasta Bar! 27
Choose from Marinara, Pesto, or
Alfredo Sauces with Italian Sea-
soned Chicken over WW Pasta
*H.S. Feature: Italian Marinated Local
Mushroom Salad*

28
Bone-In Roasted Chicken
with Pineapple Firecracker Glaze,
Herb & Scallion Brown Rice
& Purple Pirate Potatoes
H.S. Feature: Quinoa Salad

Refreshing Acai Bowls! 29
Acai & Coconut Milk Puree topped
w/ Granola, Fresh Kiwi, Berries,
Pineapple, Chia, Sunflower Seeds,
Banana, Honey & Sunbutter
H.S. Feature: Wheatberry Salad

Student Request! 30
Homemade Chicken Noodle Soup
made with Tender Diced Chicken,
Veggies, WW Elbows and Served
with a WG Cheesy Bread Twist
H.S. Feature: Greek Salad

Grab-N-Go Meals Available Daily: Chef Salad or Chicken Caesar Salad with Whole Wheat Rolls / Fruit, Yogurt & Granola Parfait / Vegan Senator Snack 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 6-8 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