

Lunch

The Massachusetts
Harvest of Month
Feature is Tomatoes!



SEPTEMBER 2026

Petersham Center School



Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Korean Beef over Brown Rice with Carrot & Red Bell Pepper Stir-Fry, Local Bumblebee Cherry Tomatoes, Applesauce Cup & Fresh Local Apple

2

WG French Bread Cheese or Pepperoni Pizza with Local Roasted Broccoli, Garden Side Salad, Mixed Fruit Cup & Fresh Local Stone Fruit

3

WG Tostitos Scoops with Seasoned Turkey, Sofrito Black Beans, Shredded Lettuce, Homemade Bean Salsa, Guacamole, Pear Cup & Fresh Berry Cup

4

Chicken Pozole-a traditional savory Mexican Soup, served with WG Corn Tortilla Chips, Radishes Shredded Cabbage, Red Onion, Cilantro & Lime & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian GF Cereal Fun Lunch, Chef Salad with a WW Dinner Roll, or Vegan Hummus Fox Box

8

Chicken Parm over WW Pasta with Roasted Local Butternut Squash, a Tomato, Fresh Basil & Mozzarella Salad, Applesauce Cup & Fresh Local Apple

9

Big Primo Cheese or Pepperoni Pizza with Steamed Local Green Beans, Local Sweet Purple Peppers, Mixed Fruit Cup & Fresh Local Stone Fruit

10

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

11

Chicken Parmesan Sandwich on a WW Ciabatta Bread with Roasted Italian Seasoned Broccoli & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian WG Blueberry Muffin Fun Lunch, Vegan Strawberry & Sunflower Salad with WW Pita, or Ham & Cheese Sandwich on WW

14

Arroz Con Pollo
Slow Roasted Chicken & Rice with Flavorful Herbs & Spices, Tomatoes, & Peas served with Potato Salad, Peach Cup & Fresh Local Melon

15

Tomato Soup served with 3 Cheese Toasted Cheese Sandwich on WW Bread, Sweet Red Pepper Strips Applesauce Cup & Fresh Local Apple

16

Cheesy Stuffed Breadsticks with Marinara Dipping Sauce, Steamed Local Yellow Beans, Local Rainbow Carrots, Mixed Fruit Cup & Fresh Local Stone Fruit

17

Crispy Chicken Sandwich on WW Bun served with Boston Baked Beans, Zesty 3 Bean Salad, Pear Cup & Fresh Berry Cup

18

Beef Lo Mein made with WW Noodles, Steamed Local Broccoli & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian WG Bagel Fun Lunch, Vegan Avocado Salad with WW Flatbread, or Power Up! Protein Fox Box

21

Mozzarella Stick & Chicken Nugget Combo with Marinara Dipping Sauce, Seasoned Baked Potato Wedges, Spring Pea & Mint Salad, Peach Cup & Fresh Local Melon

22

Jay's BBQ Day!
BBQ Pulled Pork Sandwich on a WW Bun with Sweet Potato Fries, Local Heirloom Tomatoes, Applesauce Cup & Fresh Local Apple

23

Early Release
Choose from Cereal Fun Lunch, Greek Salad, or Sunbutter & Jelly Sandwich all served with Assorted Fruits & Veggies

24

WG Chicken Enchilada Empanada with Salsa Dip, Cilantro Seasoned Beans, a Homemade Bean, Corn & Watermelon Salad, Pear Cup & Fresh Berry Cup

25

Fresh Atlantic Salmon Filet served over Wild Rice with a Crunchy Kale Slaw & Chef's Choice of & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Vegetarian GF Cereal Fun Lunch, Greek Salad with WW Pita, or Vegan Sunbutter & Jelly Sandwich on WW

28

Pork Carnitas Street Tacos on Corn Tortillas with Elote-Mexican Street Corn on the Cob, Potato Salad, Peach Cup & Fresh Local Melon

29

Classic Mac & Cheese made with WW Pasta, Roasted Local Carrots, Sweet Red Pepper Strips, Applesauce Cup & Fresh Local Apple

30

Big Primo Cheese or Pepperoni Pizza with Roasted Local Summer Squash & Zucchini, Snap Pea Snackers, Mixed Fruit Cup & Fresh Local Stone Fruit

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