

Lunch

The Massachusetts
Harvest of Month
Feature is Tomatoes!



SEPTEMBER 2026

Ralph C. Mahar Regional School



Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Brunch for Lunch!

WG Pancakes, French Toast, or
Waffles w/ Scrambled Eggs or
Chicken Sausage & Hashbrowns

H.S. Feature: Caesar Salad

2

Chili Verde Rice Bowl

Shredded Pork or Chicken sim-
mered in local tomatoes, chilies,
garlic & onions served over Brown
Rice with Corn on the Cob

H.S. Feature: Mexican Pasta Salad

3

Nashville Hot Honey Chicken
Sandwich on a Brioche Bun with
Pickles, Shredded Lettuce, & Slow
Roasted Local Rainbow Swiss
Chard

H.S. Feature: Strawberry Feta Salad

4

Chicken Pozole-a traditional
savory Mexican Soup, served with
WG Corn Tortilla Chips, Radishes
Shredded Cabbage, Red Onion,
Cilantro & Lime

H.S. Feature: Quinoa Salad

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

8

Taco Tuesday!

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

H.S. Feature: Fresh Pico De Gallo

9

Refreshing Acai Bowls!

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

H.S. Feature: Wheatberry Salad

10

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

H.S. Feature: Local Bumblebee
Cherry Tomato & Corn Salad

11

Homemade Chicken Corn Chowder
Served with a WG Garlic Breadstick

H.S. Feature: Green Bean, Cranberry
& Sunflower Seed Salad

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

14

Gazed Chicken Drumstick with
Corn on the Cob and Homemade
WG Peach Buckle

H.S. Feature: Bistro Spinach Salad

15

Homemade Shepherd's Pie
with a WG Garlic Knot

H.S. Feature - Northwest Pear,
Winter Squash & Wheatberry Salad

16

Fresh Atlantic Salmon Filet
Roasted Cajun-Style with Lemon,
served with Wild Rice and Local
Summer Squash & Zucchini

H.S. Feature - Tuscan White Bean
Salad

17

Baked Potato Bar!

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

H.S. Feature: Greek Salad

18

Homemade Chicken Tortilla Soup
with Melted Cheddar Cheese and
WG Tortilla Chips

H.S. Feature: Classic Potato 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

21

Arroz Con Pollo

Slow Roasted with Flavorful Herbs
& Spices, Tomatoes & Peas

H.S. Feature: Italian Marinated
Local Mushroom Salad

22

Turkey Dinner!

with Gravy, Mashed Potatoes, WG
Stuffing, Local Winter Squash,
Homemade Blueberry Buckle

H.S. Feature: Cranberry Sauce

23

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

24

Loaded Nachos!

Pulled Chicken, Ground Turkey or
Beans, Cheese Sauce, Corn,
Salsa, Guac., Olives & Lettuce

H.S. Feature - Fresh Pico de Gallo

25

Build-A-Ramen Noodle Bowl!

Miso Broth, Chicken, Egg,
Edamame, Bok Choy, Mushrooms,
Fresh Herbs, Scallions, or Carrot

Local Dumpling Daughter Sauces

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

28

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

H.S. Feature: Homemade
Tabbouleh Salad

29

Pork Carnitas or White Fish Street
Tacos on Local Corn Tortillas with
Alhambra Elote (Mexican Street
Corn)

H.S. Feature: Classic Macaroni Salad

30

Sweet Thai Chili Bone-in Chicken
with Pad Thai Style Veggies &
WG Noodles

H.S. Feature: Local Heirloom
Tomato, Basil & Mozzarella Salad

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

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, 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

If you have questions or would like additional information, please contact kbressani@rcmahar.org, please contact kbressani@rcmahar.org

Alternative Milk Choices such as Lactaid or Soy Milk are available to any student with a documented dietary need