

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May  
**HARVEST**  
of the  
**MONTH**  
SEAFOOD



The Massachusetts Farm to School  
Feature for May is Seafood!  
We are serving up responsibly  
harvested sustainable seafood from  
New England. Learn More [Here](#)



**1**  
Chicken Pesto  
Whole Wheat Pasta  
with a Side Caesar Salad  
and Fresh Apple Slices

**4**

BBQ Chicken Filet Sandwich  
on a Whole Wheat Bun  
with Seasoned Baked Fries,  
Ketchup, and a Peach Slushy  
Cup

**5**

Korean Beef over Brown Rice  
with a Carrot, Onion & Bell  
Pepper Stir-Fry and a  
Strawberry & Cream Cup

**6**

WG French Bread Cheese  
or Pepperoni Pizza  
with Steamed Mixed Veggies  
and a Fresh Petite Banana

**7**

WG Tostitos Scoops  
with Seasoned Turkey,  
Sofrito Black Beans,  
Shredded Lettuce  
and a Pear Cup

**8**

Cheeseburger Mac & Cheese  
with Whole Wheat Elbow Pasta,  
Steamed Broccoli  
and Fresh Apple Slices

*Alternate Meals: Mediterranean Chicken & Pesto Sandwich on W.W. Flatbread or WW Bagel Fun Lunch (2oz WW Bagel w/ Cream Cheese & 4oz. Danimal Yogurt)*

**11**

Chipotle Black Bean Burger  
on a Whole Wheat Bun  
with Baked Crinkle Fries,  
Ketchup, and a Fresh Local Apple

**12**

Roasted Turkey with Gravy  
with Half a Whole Grain Biscuit,  
Cinnamon & Honey Roasted  
Sweet Potatoes  
and Whole Cranberry Sauce

**13**

Big Primo Cheese or Pepperoni  
Pizza on a Whole Wheat Crust  
with Steamed Green Beans  
and an Applesauce Cup

**14**

3 Chicken & Vegetable  
Dumplings with  
Sweet & Sour Dipping Sauce,  
Roasted Edamame  
and Fresh Orange Wedges

**15**

Chicken Parmesan Sandwich  
on a Whole Wheat Ciabatta Bun  
with Italian Seasoned Broccolini  
and Fresh Apple Slices

*Alternate Meals: Classic Chicken Salad with Crunchy Lettuce in a W.W. Wrap or Muffin Fun Lunch (2oz. WW Muffin & 4oz. Danimal Yogurt)*

**18**

Combo! 2 Mozzarella Sticks  
& 3 WG Breaded Chicken Nugget  
with Marinara Dipping Sauce  
Seasoned Baked Potato Wedges,  
Ketchup and a Peach Slushy Cup

**19**

BBQ Pulled Pork Sandwich  
on a Whole Wheat Bun with  
Sweet Potato Fries, Ketchup and  
Fresh Watermelon

**20**

**Early Release**  
Choose from the Ham & Cheese  
Wrap, Cereal Fun Lunch, or Berry  
Chicken Salad all served with  
Assorted Fruits & Veggies

**21**

WG Chicken Enchilada  
Empanada with Tomato Salsa  
Dip, Cilantro Seasoned Beans  
and a Fresh Banana

**22**

Fresh Atlantic Salmon Filet  
served over Wild Rice  
with a Crunchy Kale Slaw  
and Fresh Apple Slices

*Alternate Meals: Ham & Cheese W.W. Wrap with Lettuce & a Pickle or GF WG Cheerio Cereal Fun Lunch (1oz. Cereal & 4oz. Danimal Yogurt)*

**25**



**26**

Chicken Tamale with Guacamole  
& Salsa Dipping Sauces,  
Tex-Mex Corn Salad  
and a Strawberry & Cream Cup

**27**

Cheesy Stuffed Breadsticks with  
Marinara Dipping Sauce,  
Crunchy Rainbow Carrots,  
and an Applesauce Cup

**28**

Hamburger or Cheeseburger on a  
Whole Wheat Bun with  
Ketchup, Mustard, or Mayo,  
Vegetarian Baked Beans  
and a Pineapple Cup

**29**

Tomato Soup  
with Cheesy Baked  
Whole Grain Texas Toast  
and Fresh Apple Slices

*Alternate Meals: WW Bagel Fun Lunch (2oz WW Bagel w/ Cream Cheese & 4oz. Danimal Yogurt) or Ham & Cheese 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](http://www.MySchoolBucks.com)

This institution is an equal opportunity provider

A USDA Pre-K Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain, a Plant/Animal Based Protein, Fruits & Vegetables

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

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](mailto:kbressani@rcmahar.org)