

Earth Day is April 22nd!
 Earth Day Activities are happening
 all over the world! Find out more
 here: <https://www.earthday.org/>



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

3 Whole Grain Breaded
 Chicken Tenders with
 Baked Sweet Potato Fries
 & Watermelon Wedges

2

Beef & Broccoli Lo Mein
*whole wheat ramen noodles with
 ground beef in a teriyaki sauce*
 with Bamboo Shoots and Bean
 Sprouts & a Peach Cup

3

Hamburger or Cheeseburger on a
 WW Bun served with 3 Bean Salad
 & Fresh Strawberries

4

Pepperoni or Cheese French
 Bread Pizza with Soy, Honey,
 Ginger Sauteed Bok Choy &
 Chef's Choice of Assorted Fruits
 & Veggies

Alternate Meals: Turkey BLT Sandwich on Whole Wheat or WW Muffin Fun Lunch (2oz. Muffin & 4oz. Yogurt)

7

Turkey Soft Taco
*a large whole wheat tortilla with
 seasoned ground turkey &
 cheese*
 with Lettuce, Corn Salsa, Sour
 Cream & Orange Wedges

8

Teriyaki Chicken Sandwich
*A grilled chicken breast with teriyaki
 sauce on a whole wheat bun*
 with Baked Sweet Potato Fries
 & Watermelon Wedges

9

Big Daddy's Cheese Pizza on
 WW Crust
 with Steamed Green Beans &
 Peach Cup

10

3 Chicken & Vegetable Dumplings
 with Dipping Sauce, Vegetable
 Fried Rice, Roasted Edamame &
 Fresh Strawberries

11

American Chop Suey
*whole wheat elbows, ground beef,
 marinara sauce & melted
 mozzarella cheese*
 served with Chef's Choice of
 Assorted Fruits & Veggies

Alternate Meals: Chicken Caesar Salad with a Whole Wheat Dinner Roll or WW Bagel Fun Lunch (2oz. Bagel, Cream Cheese & 4oz. Yogurt)

14

Brunch for Lunch!
 1 Pancake with Scrambled
 Eggs, Seasoned Baked Potato
 Wedges & a Strawberry &
 Cream Cup

15

Turkey Pot Pie
*slow simmered roasted turkey with
 peas & carrots topped with a whole
 wheat biscuit*
 & Watermelon Wedges

16

Early Release
*Choose from: an Egg Salad
 Sandwich or a Cheerio Cereal
 Fun Lunch both served with
 assorted fruits & veggies*

17

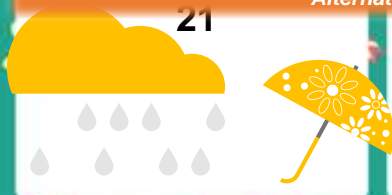
Global Flavors!
 Moroccan Chickpea Stew
*warm spices, hearty garbanzo
 beans, colorful spinach & tomato*
 served over Long Grain Wild Rice
 & Fresh Strawberries

18

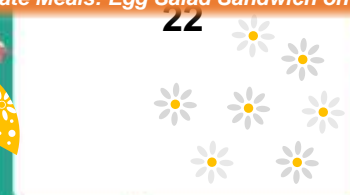
Stuffed Crust Cheese or
 Pepperoni Pizza Slice with
 Chef's Choice of Assorted Fruits
 & Veggies

Alternate Meals: Egg Salad Sandwich on a Whole Wheat Croissant or Cheerio Cereal Fun Lunch (1oz. Cereal & 4oz. Yogurt)

21



22



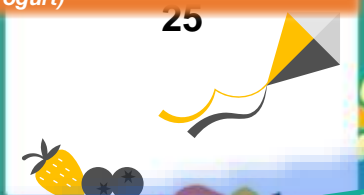
23



24



25



28

2 Pieces of Bone-In BBQ
 Baked Chicken
 served with a Fresh Baked
 Cookie Potato Salad &
 Orange Wedges

29

Turkey Gyro
*a whole wheat pita filled with
 roasted turkey & a homemade
 cucumber sauce (no hummus)*
 with Baked Sweet Potato Fries &
 Watermelon Wedges

30

Cheese or Veggie Individual
 Deep-Dish Pizza on a WW Crust
 with Roasted Local Asparagus
 & Peach Cup

As the Massachusetts Growing
 Season Begins to pick up, look
 for the Leaf on the Menu that will
 Highlight Locally Grown Items

Alternate Meals: Strawberry Fields Salad with Cheese & a WW Pita or WW Muffin Fun Lunch (2oz. Muffin & 4oz. Yogurt)

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

Assorted Condiments, Skim Milk, or 1% White Milk are Available Daily

Manage Your Student's Account Online - Make Prepayments - View Transaction History
 - View Account Balance - Visit www.MySchoolBucks.com

One Full Reimbursable Lunch is Free to Each Student - A La Carte Items will be charged accordingly.

Alternative Milk Choices, such as Lactaid or Soy Milk, are available with a documented dietary need.

If you have any questions, or would like additional information regarding this menu, please contact your
 Food Service Director at kbressani@rcmahar.org

This institution is an equal opportunity provider.