

Lunch

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

APRIL 2025
Ralph C. Mahar Regional School

Ralph C. Mahar Regional & School Union 73

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
2 Pieces of Bone-In Sweet Chili Roasted Chicken with Rice Pilaf & Ginger Soy Edamame
Featuring Blueberries & Cream Cup & Cool Corn Edamame Salad

2
Beef or Tofu Lo Mein made with WW Noodles & a Broccoli, Bamboo Shoot, Water Chestnut, Carrot, & Bean Sprout Blend
Featuring Corn & Bean Salad & Fresh Pears

3
Homemade Curried Lentil Soup with Chicken Meatballs or Tofu and Warm Rosemary Focaccia Bread
Featuring Green Bean, Cranberry, & Sunflower Seed Salad & Fresh Strawberries

4
Build a Burrito!
Turkey Taco Meat or Spicy Sweet Potato-Bean Mix, Spanish Seasoned Rice, Cheese, Peppers & Onions, & Enchilada Sauce

Meals Available at Burger Queen: Hamburger, Cheeseburger, Veggie Burger Pulled Pork or Chicken Filet on WW Buns, Vegan Nuggets w/ WW Pita, or Mozzarella Sticks all w/ Baked Fries

2 Pieces of Bone-In BBQ Chicken with Fresh Corn on the Cob & Peach Buckle
Featuring Potato Salad & Fresh Watermelon Wedges

Homemade Vegetarian Chili with Assorted Toppings & a WG Chicken & Cheese Empanada
It's National Empanada Day!

Southwest Seasoned Turkey Dinner with Gravy, Santa Fe Couscous, Mashed Potato, Whole Berry Cranberry Sauce
Featuring Cowboy Caviar & Fresh Orange Wedges

Vegetable Fried Rice with 3 Chicken Dumplings, 1 Egg Roll, & Soy Glazed Roasted Edamame
Featuring Fresh Pineapple Chia Seed Salad & Fresh Strawberries

Pasta Bar! Choose from Marinara, Pesto, or Alfredo Sauces with Italian Sausage
Featuring Fruit Slushy Cups & Tomato Caprese Salad

Meals Available in our Pizza Dojo: Homemade Cheese, Pepperoni, or Veggie Pizza prepared with Low-Fat Mozzarella cheese on Whole Wheat Crust

14
Brunch for Lunch!
WG Pancakes, French Toast or Waffles with Scrambled Eggs or Sausage & Home fries
Featuring Local Maple Syrup & Homemade Pasta Salad

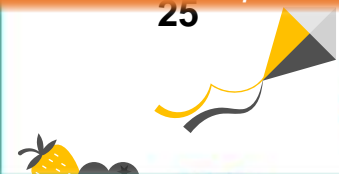
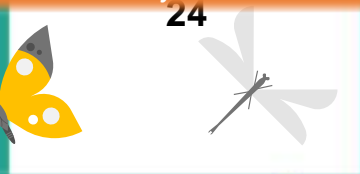
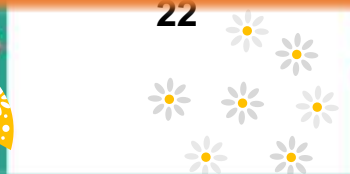
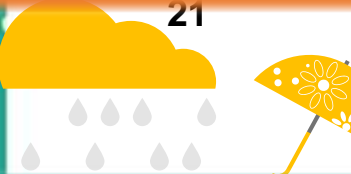
15
2 Pieces of Bone-In Korean Style Chicken served with Pineapple & Corn Rice
Featuring a Melon, Citrus, & Jicama Salad with Mint & a 100% Fruit Slushy Cup

16
Early Release
Turkey & Cheese Sandwich, Chicken Caesar Salad, or Yogurt & Granola **Senator Snack Box** all served with Assorted Fruits & Veggies

17
Vegetarian Tacos with Salsa, Sour Cream, Guacamole, Shredded Cheese, Cheesy Mexican Rice & Sofrito Seasoned Black Beans
Featuring Fresh Strawberries & Homemade Pico De Gallo

18
Build a Ball Park Hot Dog!
Top your All-Beef Dog w/ chili, sauerkraut, onions, cheese, & avocado served with Tater Tots
Featuring Zesty 3 Bean Salad & Fresh Apples

Meals Available at our Snack Shack: Nachos & Cheese Sauce with Salsa & Guacamole or Whole Grain Bavarian Style Pretzels & Cheese Sauce with Hummus Dip



Complete your Meal at our 5-A-Day Bar featuring: Lettuce, Carrots, Red & Green Peppers, Tomato, Cucumber, Cowboy Caviar, Sunflower Seeds, Slushy Cups, Fresh, Dried & Preserved Fruits

28
2 Pieces of Bone-In Honey Lemon Chicken served with Local Asparagus and Rice Pilaf
Featuring a Tuscan White Bean Salad & Fresh Watermelon

29
Roasted Turkey Gyro with Homemade Cucumber Sauce, Feta Cheese, Cucumber & Tomatoes on a Warm WW Pita
Featuring Tabouli Salad with Lemon Dressing & Fresh Apples

30
Bahn Mi Rice Bowl with Hoisin Braised Pork & Fresh Pickled Veggies topped with Fresh Cilantro, Cucumber, & Jalapeno
Featuring Spinach & Strawberry Salad & a Cucumber Dill Salad

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

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

Assorted Condiments, Carroteenies, 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.