

LUNCH

Ralph C. Mahar Regional School Lunch Menu

Ralph C. Mahar Regional School

Ralph C. Mahar Regional School District Menu subject to change without notice due to supply chain issues.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">08/31/2022</p> <p>Pizza with Cheese WW Crus Roasted Green Beans Orange wedges Tuna on WW bun 5 a day fruit & veg bar</p>	<p style="text-align: right;">09/01/2022</p> <p>Boneless Pork Rib Sandwic Sauteed Mushroom and Onio POTATO PUFFS: frozen,coo Lettuce & Tomato Crunchy Celery Sticks lowfat ranch dressing Egg Salad Sandwich 5 a day fruit & veg bar</p>	<p style="text-align: right;">09/02/2022</p> <p>Jello with whip topping Whipped Potato Whole Grain Dinner Roll Turkey, lettuce, tomato mayo on WW Bun Turkey Gravy 5 a day fruit & veg bar Popcorn Chicken, fritter PEAS: frozen,boiled</p>
<p style="text-align: right;">09/05/2022</p> <p>Cheeseburger on WW Bun Sweet Potato "Fries" v.2 MIXED FRUIT: frozen,swee d *RESIZED* Veggie Wrap 5 a day fruit & veg bar</p>	<p style="text-align: right;">09/06/2022</p> <p>Chicken Patty Whipped Potato Chicken Gravy PEAS & CARROTS: frozen,t d Whole Wheat Rolls Pat of Butter Canned cranberry Sauce (Turkey) Bologna and Cheese Sub, lett. & Toma Sun Chip, Original 5 a day fruit & veg bar</p>	<p style="text-align: right;">09/07/2022</p> <p>Pizza with Cheese WW Crus Sun Butter + Jelly Sandwic Garden Salad Steamed Broccoli 5 a day fruit & veg bar</p>	<p style="text-align: right;">09/08/2022</p> <p>TURKEY AND DRESSING REME Green Beans, frozen Canned cranberry Sauce Vegetable Sub, 6" Sun Chip, Original 5 a day fruit & veg bar</p>	<p style="text-align: right;">09/09/2022</p> <p>Mac n Cheese Tuna on WW bun PEAS: frozen,boiled Farm fresh apple 5 a day fruit & veg bar</p>

09/12/2022

Beef Hot dog on WW bun
Ham & Cheese Sandwich
Sweet Potato "Fries" v.2
BAKED BEANS (VEGETARIAN)
KETCHUP: individual
5 a day fruit & veg bar

09/13/2022

Meatball Grinder
Caesar Side Salad
MIXED FRUIT: frozen, sweetened *RESIZED*
Egg Salad Sandwich
CARROT STICKS
Crunchy Celery Sticks
5 a day fruit & veg bar
RAISINS

09/14/2022

Pizza with Cheese WW Crust
Side Salad
Sun Butter + Jelly Sandwich
5 a day fruit & veg bar
Sidekicks! Sour Cherry

09/15/2022

Chicken Tenders
French Fries
CORN: frozen, yellow
Whole Wheat Rolls
Tuna on WW bun
APPLESAUCE, SWEETENER
RESIZED*
5 a day fruit & veg bar

09/16/2022

Fish n Chips!
Sun Butter + Jelly Sandwich
Crunchy Celery Sticks
lowfat ranch dressing
5 a day fruit & veg bar
BEETS: canned *RESIZED*

09/19/2022

Cornbread
Ole' style Pulled Pork
CRACKERS
Egg Salad Sandwich
Orange wedges
5 a day fruit & veg bar
PEAS: frozen, boiled

09/20/2022

American Chop Suey
(Turkey) Bologna and
Cheese Sub, lett. & Tomato
Sun Chip, Original
Steamed Broccoli
APPLESAUCE: canned, unsweetened
with C *RESIZED*
5 a day fruit & veg bar

09/21/2022

Pizza with Cheese WW Crust
Sun Butter + Jelly Sandwich
Side Salad
Assorted Salad Dressing
Sidekicks! Sour Cherry
5 a day fruit & veg bar

09/22/2022

Hamburger on WW Bun
Ham & Cheese Sandwich
French Fries
FRUIT COCKTAIL: canned, lowfat
up
KETCHUP: individual
5 a day fruit & veg bar

09/23/2022

B*E*S*T Sandwich! Bacon
Egg, Spinach, Tomato
Turkey & Cheese Wrap
POTATO PUFFS: frozen, cooked
Pineapple
KETCHUP: individual
5 a day fruit & veg bar

09/26/2022

Chicken Filet Sandwich
Assorted Baked Chips
Ham & Cheese Sandwich
lowfat ranch dressing
5 a day fruit & veg bar
Veggie Cruncher

09/27/2022

BEEF TACO
Spanish Rice!
REFRIED BEANS *RESIZED*
Egg Salad Sandwich
Assorted Baked Chips
Farm fresh apple
5 a day fruit & veg bar

09/28/2022

Cheese Pizza Stix
Marinara Sauce
Farmer's Garden Salad *RESIZED*
Diced Peaches
Sun Butter + Jelly Sandwich
Sun Chip, Original

09/29/2022

Chicken & Gravy
Whipped Potato
PEAS & CARROTS: frozen, lowfat
d
PEAS: frozen, boiled *RESIZED*
Diced Peaches
Turkey, lettuce, tomato
mayo on WW Bun
PICKLES, DILL SPEAR
Orange wedges

09/30/2022

Broccoli Cheddar Soup
Whole Grain Dinner Roll
Pat of Butter
5 a day fruit & veg bar
Tuna on WW bun

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