

Celebrate Lunar New Year!
The festival begins on January 29th and ends with the 'Lantern Festival' on February 12th

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 to any student 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

6

BBQ Chicken Sandwich on a WW Bun with Seasoned Baked Fries, Corn Salad, Applesauce Cup & Fresh Watermelon

7

Grilled Cheese on WW Bread with Tomato Soup, Fresh Red Pepper Strips, Pear Cup & Fresh Strawberries

8

Chicken Nuggets with a WG Sugar Snowflake Cookie, Steamed Green Beans, Fresh Cucumber Wheels, Peach Cup & Fresh Grapes

9

All Beef Hot Dog on a WW Bun with Chips, Boston Baked Beans, Black Bean Salad, Mixed Fruit Cup & Fresh Orange Wedges

10

Mac & Cheese with Seasoned Roasted Broccoli, Side Salad, Blueberries & Cream Cup & Fresh Apple

Alternate Meals: Tuna Salad Sandwich with Lettuce on Whole Wheat, Bagel Fun Lunch, or Chicken Caesar Salad with a Whole Wheat Roll

13

BBQ Pulled Pork on a WW Bun with Ranch Seasoned Roasted Potato Wedges, Corn Salad, Applesauce Cup & Fresh Cantaloupe

14

Cheesy Pull-A-Parts with Marinara Sauce, Sweet Potato Fries, Heirloom Tomatoes, Pear Cup & Fresh Strawberries

15

Early Release
Choose from: a Ham & Cheese Sandwich or a Yogurt & Granola Fox Box both served with assorted fruits & veggies

16

Beef Soft Taco with Slow Cooked Seasoned Black Beans, Salsa, Guacamole, Cheese, Lettuce, Mixed Fruit Cup & Fresh Orange Wedges

17

Cheese or Bacon Pizza with Sautéed Kale, Side Salad, Blueberries & Cream Cup & Fresh Apple

Alternate Meals: Ham & Cheese Sandwich with Lettuce & Tomato on Whole Wheat, Cereal Fun Lunch, Yogurt & Granola Fox Box

20

No School
Martin Luther King Jr. Day



21

WG Bavarian Style Pretzel with Cheese Sauce, Baked Fries, Potato Salad, Pear Cup & Fresh Strawberries

22

Chicken Parmesan with WW Pasta in Marinara Sauce, Red Pepper Strips, Peach Cup & Fresh Grapes

23

Hamburger or Cheeseburger on a WW Bun with Vegetarian Baked Beans, 3 Bean Salad, Mixed Fruit Cup & Fresh Orange Wedges

24

Grilled Cheese on WW Bread with Chicken Noodle Soup, Side Salad, Blueberries & Cream Cup & Fresh Apple

Alternate Meals: Chicken Salad Sandwich with Lettuce on Whole Wheat, Muffin Fun Lunch, or Vegan Strawberry Fields Salad with a Whole Wheat Pita

27

Roasted Turkey Dinner with Mashed Potatoes, Homemade Corn Bread, Corn Salad, Cranberry Sauce & Fresh Honeydew Melon

28

WG Breaded Mozzarella Sticks with Marinara Sauce, Roasted Local Butternut Squash, Carrot Slaw, Pear Cup & Fresh Strawberries

29

Orange Chicken with Vegetable Fried Rice, Fresh Snap Peas, Peach Cup, Fresh Grapes, & a Fortune Cookie



30

Chicken & Vegetable Dumplings with Sweet & Sour Dipping Sauce, Edamame, Mixed Fruit Cup & Fresh Orange Wedges

31

Cheese or Bacon Pizza with Roasted Bok Choy, Side Salad, Blueberries & Cream Cup & Fresh Apple

Alternate Meals: Sunbutter & Jelly Sandwich Sandwich on Whole Wheat, Bagel Fun Lunch, or Vegan Hummus & Pita Fox Box