

Summer Eats!

Adults! Bring your Kids & Teens to their Breakfast or Lunch on Fridays and Eat for Free with them!

JULY 2025 Lunch Menu

Ralph C. Mahar Regional & School Union 73

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast Times & Locations:

Petersham Center School: 8:00 a.m. – 9:00 a.m.
Fisher Hill Elementary School: 8:00 a.m. – 9:00 a.m.
Ralph C. Mahar Regional School: 8:00 a.m. – 9:00 a.m.

Lunch Times & Locations:

Petersham Center School: 11:00 a.m. – 12:00 p.m.
Fisher Hill Elementary School: 12:00 p.m. – 1:00 p.m.
Ralph C. Mahar Regional School: 12:00 p.m. – 1:00 p.m.

Alternate Meals for 7/7 - 7/11: Turkey Bacon & Cheese Sandwich with Lettuce & Tomato on Whole Wheat Bread or Strawberry, Vanilla Yogurt, & Granola Bento Box

7

Hamburger or Cheeseburger on a Whole Wheat Bun served with Lettuce & Tomato, Steamed Corn on the Cob and Fresh Watermelon Wedges

8

Vegetable Quesadilla in Whole Wheat Tortilla served with Salsa, Guacamole, Sour Cream and Fresh Orange Wedges

9

Crispy Chicken Sandwich on a Whole Wheat Bun served with Lettuce & Tomato, Seasoned Roasted Potato Wedges and a Fresh Nectarine

10

Tomato Soup with Toasted Cheese Sandwich on Whole Grain Bread served with a Side Garden Salad and Fresh Strawberries & Blueberries

11

Whole Grain Cheesy Stuffed Breadsticks served with Marinara Sauce, Carrot & Celery Sticks with Ranch Dip and a Fresh Peach

Alternate Meals for 7/14 – 7/18: Chicken Salad Sandwich with Lettuce on a Whole Wheat Bulkie Roll or Blueberry, Vanilla Yogurt, & Granola Bento Box

14

Crispy Baked Chicken Drumstick with a Whole Wheat Biscuit served with Seasoned Roasted Summer Squash and Fresh Watermelon Wedges

15

Creamy Broccoli Soup with Toasted Cheese Sandwich on Whole Grain Bread served with a Side Garden Salad and Fresh Orange Wedges

16

French Bread Pizza on a Whole Wheat Crust served with Seasoned Roasted Green Beans and a Fresh Plum

17

Cheesy Bean Burritos in a Whole Wheat Tortilla Wrap served with Salsa, Guacamole, Shredded Lettuce, Sour Cream and Fresh Strawberries & Blueberries

18

All-Beef Hot Dog on a Whole Wheat Bun served with Pickles, Steamed Corn on the Cob and a Fresh Nectarine

Alternate Meals for 7/21 – 7/25: Ham, Turkey & Cheese with Lettuce on a Whole Wheat Sub or Peach, Vanilla Yogurt, & Granola Bento Box

21

Whole Grain Breaded Mozzarella Sticks with Marinara Dipping Sauce served with Italian Seasoned Zucchini and Fresh Watermelon Wedges

22

BBQ Grilled Chicken Filet on a Whole Wheat Bun served with Red & Green Peppers Strips with Ranch Dip and Fresh Orange Wedges

23

Turkey Taco in a Crunchy Corn Shell served with Shredded Cheese, Lettuce, Salsa, Guacamole, Sour Cream and a Fresh Peach

24

Cheesy Chicken Meatball & Marinara Sub on Whole Wheat served with Cucumber Wheels and Fresh Strawberries & Blueberries

25

Vegetable Soup with Toasted Cheese Sandwich on Whole Grain Bread served with a Side Garden Salad and a Fresh Plum

Alternate Meals for 7/28 - 8/1: Egg Salad Sandwich with Lettuce on a Whole Wheat Bulkie Roll or Blackberry & Raspberry, Vanilla Yogurt, & Granola Bento Box

28

Cheese Nachos with Whole Grain Tortilla Chips served with Salsa, Guacamole, Shredded Lettuce, Sour Cream and Fresh Watermelon Wedges

29

BBQ Pulled Pork Sandwich on a Whole Wheat Bun served with a Whole Roasted Sweet Potato and Fresh Orange Wedges

30

Vegetarian Bean Chili with Toasted Cheese Sandwich on Whole Grain Bread served with a Side Garden Salad and a Fresh Nectarine

31

Whole Grain Breaded Fish Nuggets served with Seasoned Roasted Potato Wedges, Tartar Sauce and Fresh Strawberries & Blueberries

One Full Reimbursable Lunch is Free to Kids & Teens ages 0-18

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.

A USDA SFSP Reimbursable Lunch Includes.... 1 cup of Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, ½ cup portions of Fruits & Vegetables. Pick at Least 3 for a Complete Meal!

Assorted Condiments, Skim Milk, or 1% White Milk are Available Daily.
Alternative Milk Choices, such as Lactaid or Soy Milk, are available with a documented dietary need.