

# Lunch

The Massachusetts Farm to School Feature for June is Strawberries! We're sourcing Local Strawberries & serving them up in unexpected ways this month! Find our Recipes [here!](#)

## JUNE 2025 Ralph C. Mahar Regional School

Ralph C. Mahar Regional &  
School Union 73

### MONDAY

2

Pulled Pork, Corn, Mashed Potato & Gravy Bowl served with a Fresh Baked Homemade Whole Wheat Biscuit  
*Featuring Cowboy Caviar*

### TUESDAY

3

**Build a Ramen Noodle Bowl!**  
Choose from Chicken, Tofu, Egg, Edamame, Carrot, Bok Choy, Mushrooms, Peapods, Scallions, or Corn & Assorted Sauces

### WEDNESDAY

4

Homemade Tex Mex Chili in a Bread Bowl with Assorted Toppings  
*Featuring Fresh Pico De Gallo*

### THURSDAY

5

**Pasta Bar!**  
Choose from Marinara, Pesto, or Alfredo Sauces with Chicken Meatballs atop WW Pasta  
*Featuring Heirloom Tomato Salad*

### FRIDAY

6

Chicken Tikka Masala with a Roasted Carrot & Pepper Blend over a Tri-Colored Quinoa & Wild Rice Blend  
*Featuring Hummus Cups*

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

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

9

Homemade Vegetable Barley Soup with a Cheesy Stuffed Breadstick  
*Featuring Strawberry & Spinach Side Salad*

10

Vegetable Fried Rice with 3 Chicken Dumplings, 1 Egg Roll, & Soy Glazed Roasted Edamame  
*Featuring Homemade Asian Slaw*

11

Chick-Fil-HeyO! Sandwich with Pickles, Shredded Lettuce, & Special Sauce on a Brioche Bun  
*Featuring a Zesty 3 Bean Salad*

12

**Build a Mac & Cheese Bowl!**  
Choose from Ham, Broccoli, Bacon-y Spring Peas, or Buffalo Chicken  
*Featuring Fresh Local Strawberries*

13

A Crispy Chicken Drumstick with a Whole Wheat Belgian Waffle and Warm Maple Apples & Cinnamon  
*Featuring Homemade Potato Salad*

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

16

Pork Carnitas Street Tacos with Fresh Corn on the Cob and Cheesy Mexican Seasoned Rice  
*Featuring Fresh Pico De Gallo & Rainbow Salsa*

17

**Refreshing Acai Bowls!**  
Acai Puree decoratively topped with Granola, Fresh Kiwi, Berries, Banana, Chia & Sunflower Seeds  
*Featuring Pesto Pasta Salad*

18

Nashville-Style Hot Honey Chicken Sandwich on a Brioche Bun with Sweet Potato Waffle Fries  
*Featuring a Chickpea Salad*

19



20

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

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

Meals Available at our Grab-n-Go Station: Chef Salad or Chicken Caesar Salads with Whole Wheat Rolls; Fruit, Yogurt & Granola Parfaits; Turkey or Ham Deli Sandwiches on Whole Wheat Bread

**SCHOOL IS OUT**  
**FREE MEALS ARE IN**  
**SUMMER IS ON!**

FIND A SUMMER EATS SITE AT [PROJECTBREAD.ORG/SUMMEREATS.MA](https://PROJECTBREAD.ORG/SUMMEREATS.MA)

**Our Summer Eats Program for Kids & Teens Begins Monday July 7<sup>th</sup> and Ends on Friday August 1<sup>st</sup>.**  
Monday – Friday, Breakfast is available from 8:00 a.m. – 9:00 a.m. & Lunch is available from 12:00 p.m. – 1:00 p.m.  
New this year! Have Lunch with your Kids or Teens on Fridays for Free!  
**Find a Site Near You!**

CENTRAL  
MASS  
GROWN

SUMMER  
EATS

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](https://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](mailto:kbressani@rcmahar.org). This institution is an equal opportunity provider.