

# Lunch

The Massachusetts Farm to School Feature for May is Seafood! We're serving up responsibly harvested sustainable seafood from New England. Learn More [Here](#)

MAY 2025

Ralph C. Mahar Regional School

Ralph C. Mahar Regional & School Union 73



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## SCHOOL LUNCH HERO DAY



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

5

Roast Turkey Dinner with Mashed Potatoes, Homemade Cornbread, Gravy & Whole Cranberry Relish  
Featuring Marinated Black Bean Salad & Orange Wedges

6

Homemade Chili in a Bread Bowl with Assorted Toppings  
Featuring Green Bean, Cranberry, & Sunflower Seed Salad & Local Apples

7

Beef or Tofu Lo Mein made with WW Noodles & a Broccoli, Bamboo Shoot, Water Chestnut, Carrot, & Bean Sprout Blend  
Featuring Blueberry & Cream Cup

8

Nashville-Style Hot Honey Chicken Sandwich on a Brioche Bun with Sweet Potato Waffle Fries  
Featuring Cowboy Caviar & Fresh Strawberries

9

**Build a Mac & Cheese Bowl!**  
Choose from Ham, Broccoli, MA Grown Fiddleheads, or Buffalo Chicken  
Featuring a Local Kale & Quinoa Salad

12

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

13

**Baked Potato Bar!**  
Pulled Pork, Cheese Sauce, Chili, Scallions, Bacon Bits, Tomatoes, Sour Cream & Cornbread  
Featuring Southwest Seasoned Black Beans & Gala Apples

14

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

15

MA Catch of the Day Fish Street Taco's on a WW Tortilla served with Mexican Street Corn (Elote)  
Featuring Devil's Food Cake & Rainbow Salsa

16

**Jenny's Pho Noodle Bowl!**  
Rice Noodles in Beef Broth with Shaved Steak, Fresh Sprouts, Scallions, Cilantro, Basil, Limes, Oyster, Sriracha & Hoisin Sauces

19

**Brunch for Lunch!**  
WW French Toast Sticks or WW Pancakes with Turkey Sausage or Scrambled Eggs & Hash Browns with MA Local Maple Syrup

20

Chick-Fil-HeyO! Sandwich with Pickles, Shredded Lettuce, & Special Sauce on a Brioche Bun  
Featuring Tuscan White Bean Salad & Fresh Blueberries

21

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

22

2 Pieces of Bone-In Honey Lemon Chicken served with Corn on the Cob and Rice Pilaf  
Featuring a Fresh Mediterranean Bean Salad

23

Atlantic Salmon Filet Baked with Lemon, Butter & Fresh Local Herbs over Wild Rice with Roasted Local Asparagus  
Featuring Homemade Tabbouli

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

26



27

**Loaded Tater Tots!**  
Topped with Cheese Sauce, Bacon Bits, Taco Seasoned Turkey, Scallions, & Diced Tomatoes

28

BBQ Chicken with Slow Cooked Hammy Collard Greens & Peach Buckle  
Featuring a Black Bean, Cilantro, & Corn Salsa

29

**Build a Ball Park Hot Dog!**  
Top your All-Beef Dog w/ chili, sauerkraut, onions, cheese & avocado served with Baked Beans  
Featuring Italian Ice

30

Homemade MA Catch of the Day Chowder served with a WG Garlic Knot  
Featuring Black Bean, Corn & Watermelon Salad

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

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](http://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.