Lunch



# FEBRUARY 2025 Orange Elementary School Pre-K

Ralph C. Mahar Regional & School Union 73

# **MONDAY**

#### **TUESDAY**

# **WEDNESDAY**

## **THURSDAY**

## **FRIDAY**

**Brunch for Lunch!** 

2 WG Pancakes with 1 Egg Patty, Maple Syrup, Potato Salad & an Applesauce Cup

Garlic Butter Chicken with Whole Wheat Pasta. Steamed Carrots & Fresh Orange Wedges

Cheese or Pepperoni Pizza Slice on WW Crust with Cucumber Wheels & Fresh Dragon Fruit Wedges

Hamburger or Cheeseburger on a WW Bun with Vegetarian Baked Beans, Pickles & Fresh Strawberries

Super Bowl Party! WG Giant Pretzel with Cheese Sauce, Ginger-Soy Broccoli Rabe & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Ham & Cheese Sandwich with Lettuce & Tomato on Whole Wheat or Cereal Fun Lunch (Cheerios & an Upstate Farms Yogurt Cup)

10

Pork Carnitas Street Tacos on WW Flour Tortillas with Sweet Baked Plantains, Shredded Cheese, Sour Cream & Fresh Honeydew Melon

'Bahn-Mi-Style'

Teriyaki Grilled Chicken Sandwich on a WW Baguette with Sweet Potato Fries, Pickles & a Pear Cup

12

**Early Release** 

Choose from: a Turkey & Cheese Sandwich or a Muffin Fun Lunch both served with assorted fruits & veggies

13

Cheesy Chicken Parmesan Bake with Whole Wheat Pasta in Marinara Sauce & Fresh Strawberries

Cheese or Pepperoni French Bread Pizza on a WW Crust. Slow Simmered Collard Greens & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Wheat or Muffin Fun Lunch (WG Muffin & an Upstate Farms Yogurt Cup)











21



24

Crispy Chicken Patty Sandwich on a WW Bun with Ranch Seasoned Baked 7 Potato Fries & an Applesauce Cup

25

Chicken Tikka Masala with Rice Pilaf, Baked Sweet Potatoes & Fresh Orange Wedges 26

Cheese or Pepperoni Individual Deep-Dish Pizza on a WW Crust with Seasoned Mixed Veggie Blend, Celery Sticks & a Peach Cup

27

Nachos with Cheese Sauce & Mexi Seasoned Beef, Rice & Beans, Lettuce, Guacamole & Fresh Strawberries 28

Chicken & Waffles with Cinnamon & Local Maple Syrup Roasted Apples, Side Salad, & Chef's Choice of Assorted Fruits & Vegaies

Alternate Meals Bagel Fun Lunch (WW Bagel with Cream Cheese & an Upstate Farms Yogurt Cup) or Chicken Caesar Salad with a Whole Wheat Roll

A USDA Pre-K Reimbursable Lunch Includes.... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables

Assorted Condiments, 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

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

This institution is an equal opportunity provider.