

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 & Fresh Watermelon

7

Grilled Cheese on WW Bread with Tomato Soup & Fresh Orange Wedges

8

Chicken Nuggets with Steamed Green Beans & Fresh Apple Slices

9

WG Cheese Quesadilla Pizza with Black Bean Salad & Fresh Strawberries

10

WG Mac & Cheese with Seasoned Roasted Broccoli and a Blueberries & Cream Cup

Alternate Meals: Tuna Salad Sandwich with Lettuce on Whole Wheat or Bagel Fun Lunch (Whole Wheat Bagel with Cream Cheese & an Upstate Farms Yogurt Cup)

13

BBQ Pulled Pork on a WW Bun with Ranch Seasoned Roasted Potato Wedges & Fresh Cantaloupe

14

Garlic Butter WW Pasta with Chicken, Steamed Carrots & Fresh Orange Wedges

15

Early Release
Choose from: a Ham & Cheese Sandwich or a Cereal Fun Lunch both served with assorted fruits & veggies

16

Beef Soft Taco with Slow Cooked Seasoned Beans, Salsa, Guacamole, Cheese, Lettuce & Fresh Strawberries

17

French Bread Cheese or Pepperoni Pizza with a Side Salad and a Blueberries & Cream Cup

Alternate Meals: Yogurt & Granola Otter Box or a Cereal Fun Lunch (Cheerios & an Upstate Farms Yogurt Cup)

20

No School
Martin Luther King Jr. Day



21

Crispy Chicken Sandwich on a WW Bun with Baked Fries & Fresh Orange Wedges

22

Stuffed Crust Cheese or Pepperoni Pizza with Red Pepper Strips & a Strawberry Slushy Cup

23

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

24

Cheesy Chicken Parmesan Bake with WW Pasta in Marinara Sauce and a Blueberries & Cream Cup

Alternate Meals: Chicken Salad Sandwich with Lettuce on Whole Wheat or a Muffin Fun Lunch (WG Muffin & an Upstate Farms Yogurt Cup)

27

Roasted Turkey Dinner with Mashed Potatoes, Homemade Corn Bread & Cranberry Sauce

28

WG Breaded Mozzarella Sticks with Marinara Sauce, Roasted Local Butternut Squash, & Fresh Orange Wedges

29

Sweet & Sour Chicken in a Cherry & Pineapple Sauce with Scallion Rice Fresh Apple & a Fortune Cookie

30

Chicken & Vegetable Dumplings with Sweet & Sour Dipping Sauce, Sweet Soy Roasted Edamame & Fresh Strawberries

31

Deep Dish Cheese or Pepperoni Pizza with Roasted Bok Choy and a Blueberries & Cream Cup

Alternate Meals: Vegan Hummus & Pita Otter Box or Bagel Fun Lunch (Whole Wheat Bagel with Cream Cheese & an Upstate Farms Yogurt Cup)

A USDA Pre-K Reimbursable Lunch Includes: 1 Skim White or Skim Chocolate or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, a Fruit & a Vegetable

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

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