



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Alternate Meals: Egg Salad Sandwich with Lettuce & Tomato on a Whole Wheat or Muffin Fun Lunch (2oz. WW Muffin & 4oz. Danimal Yogurt)

6

Grilled BBQ Chicken Sandwich on a Whole Wheat Bun served with Sunderland Sweet Corn on the Cob & Peach Cup

7

Chicken Tikka Masala over Brown Rice, Roasted Honeynut Squash from Plainville Farm in Hadley, MA & NY Jonagold Apples

8

Chicken Nuggets served with Dipping Sauce, Roasted Yellow Carrots & Leeks from Next Barn Over Farm in Hadley, MA & Applesauce Cup

9

Teriyaki Chicken over Brown Rice with Roasted Edamame, & 'Crimson Sweet' Watermelon Wedges from Plainville Farm in Hadley, MA

10

Pepperoni or Cheese WW French Bread Pizza served with Roasted Broccolini from Bardwell Farm in Hatfield, MA & Chef's Choice of Assorted Fresh Fruit

Alternate Meals: All American Sub on Whole Wheat or GF Cheerio Cereal Fun Lunch (1oz. Cereal & 4oz. Danimal Yogurt)

INDIGENOUS
PEOPLES'
DAY

14

Tomato Soup served with 3 Cheese Toasted Cheese Sandwich on WW Bread & Fresh Apple Slices

15

NY Style Cheese or Pepperoni Pizza on WW Crust with Cucumber Wheels & Fresh Cantaloupe

16

Hamburger or Cheeseburger on a WW Bun served with Ketchup, Vegetarian Baked Beans & Fresh Strawberry Cup

17

BBQ Pulled Pork Sandwich with Slow Cooked Collard Greens and Chef's Choice of Assorted Fresh Fruit

Alternate Meals: Cobb Salad (diced chicken, hard-boiled egg, tomato, avocado, & bacon over romaine) w/ a WW Dinner Roll or WW Bagel Fun Lunch (2oz WW Bagel w/ Cream

20

WG Croissant Sausage, Egg, & Cheese Sandwich served with Roasted Hadley Yukon Gold Potato & Parsnip Medley & NY GingerGold Apples

21

Crispy Chicken Sandwich on a WW Bun with Roasted Hadley Grown Delicata Squash Smiles & Local Watermelon

22

Chicken & Vegetable Dumplings with Dipping Sauce, Roasted Hadley White Cauliflower Bites & MA Honey Crisp Apples

23

Garlic Butter WW Pasta & Italian Herbed Chicken served with Sunderland Grown Roasted Garlic, Fresh Herb & Lemony White Beans & Applesauce Cup

24

WW Cheesy Stuffed Pizza Stick & Marinara Dipping Sauce served with Roasted Hadley Baby Bok Choy & Chef's Choice of Assorted Fresh Fruit

Alternate Meals: Turkey & Cheese Sandwich with Lettuce & Tomato on a Whole Wheat Kaiser Bun or Muffin Fun Lunch (2oz. WW Muffin & 4oz. Danimal Yogurt)

27

Roasted Turkey in Gravy with Mashed Potatoes, Whole Grain Cornbread & Whole Berry Cranberry Sauce Cup

28

Cheesy Chicken Parmesan Bake with WW Pasta, Crunchy Carrot Sticks with Ranch Dip & Fresh Honeydew Melon

29

WW Cheese or Pepperoni Bagel Pizza served with Steamed Green Beans & Fresh Apple Slices

30

Sweet & Sour Chicken served with Scallion Brown Rice, Roasted Edamame & Fresh Strawberries

31

Early Release
Ginger Tuna Sandwich, Cereal Fun Lunch or SW Chicken Caesar Salad all served with Assorted Fruits & Veggies

Alternate Meals: Sesame Ginger Tuna Sandwich with on Whole Wheat or GF Cheerio Cereal Fun Lunch (1oz. Cereal & 4oz. Danimal Yogurt)

One Full Reimbursable Lunch is Free to Each Student.

A La Carte Items will be charged accordingly.

Menu is Subject to Change

This institution is an equal opportunity provider.

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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 White or 1% White Milk are Available Daily.

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 kbressani@rcmahar.org