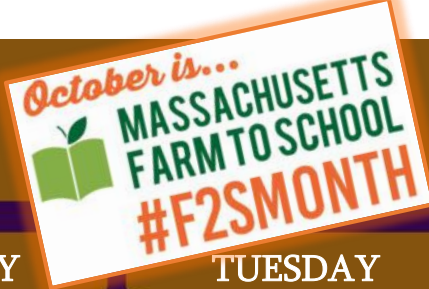


Lunch



OCTOBER 2025 Ralph C. Mahar Regional

Ralph C. Mahar Regional &
School Union 73 Website

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

1

BBQ Bone In Chicken with
Roasted Red Bliss Potatoes &
Blueberry Cobbler with Whole
Grain Oat Topping

*Featuring Devil's Food Cake or
Angel Food Cake*

2

Sweet & Sour Chicken with
Scallion Pineapple Rice and
Steamed Green Beans

*Featuring a Blended Banana &
Acai Treat with Whipped Topping*

3

South of the Border Smoked
Chicken w/ Santa Fe KoosKoos,
Seasoned Pinto Beans & Corn

*Featuring Pico de Gallo, Lime
Wedges & Guacamole*

The Senator Sub Shop! A Build Your Own Deli Station on Assorted Whole Wheat Breads with Fresh Sliced Deli Meats, Cheeses, Toppings, and Sauces

6

Homemade Deerfield Grown
Cream of Shiitake Mushroom
Soup w/ Cheesy Bread Twist

*Featuring Sunderland Sweet
Corn on the Cob & Deerfield
Raspberries*

7

Chicken Tikka Masala with
Mujaddara (a Rice & Lentil Blend)

*Featuring Roasted Hadley
Honeynut Squash, Sunderland
Heirloom Tomato Wedges & NY
Jonagold Apples*

8

Korean Beef over Tri-Colored
Quinoa

*Featuring Roasted Yellow Carrots &
Leeks from Sunderland, Hadley
Purple Pepper Strips, & NY
Snapdragon Apples*

9

WW French Toast Sticks or
Pancakes w/ Sausage or
Scrambled Eggs & Hash Browns

*Featuring Pine Hill Orchards Hot
Apple Cider, Hadley 'Crimson Sweet'
Watermelon, MA Maple Syrup*

10

Teriyaki Chicken with
Lucious Lo Mein

*Featuring Roasted Hadley Grown
Broccolini & VT Maiden's Blush
Apples*

Meals Available at our Grab-n-Go Station: Chef Salad or Chicken Caesar Salads with Whole Wheat Rolls; Fruit, Yogurt & Granola Parfaits; Senator Snack Boxes

**INDIGENOUS
PEOPLES'
DAY**

14

Vegetable Fried Rice with 3
Chicken Dumplings, 1 Egg Roll, &
Soy Glazed Roasted Edamame

*Featuring Homemade Asian Slaw &
Fresh Asian Pears*

15

Pasta Bar!

Choose from Marinara, Pesto, or
Alfredo Sauces with Chicken
Strips, WG Pasta & Ratatouille

Featuring Balsamic Caprese Salad

16

Mini Baked Meatloaf's with
Mashed Potatoes & a Fresh Baked
WW Garlic Knot

*Featuring Whole Berry Cranberry
Sauce & Fresh Grapes*

17

Homemade 3 Bean Chili in a
Bread Bowl with Assorted
Toppings

*Featuring Magenta Root Slaw &
Fresh Apple Slices*

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

20

Homemade BBQ Pulled Pork
with Corn Bread

*Featuring Roasted Hadley Yukon
Gold Potato & Parsnip Medley,
NY GingerGold Apples*

21

Roast Turkey with Gravy, Mashed
Potatoes, WW Stuffing & Whole
Berry Cranberry Sauce

*Featuring Roasted Hadley Delicata
Squash Smiles, Watermelon*

22

Crispy Chicken Drumstick with
WW Peach Buckle

*Featuring Roasted Hadley White
Cauliflower Bites & MA Honey Crisp
Apples*

23

Herb & Lemon Roasted Atlantic
Salmon Filet with Farro (an Ancient
Wheat Spelt Grain)

*Featuring Sunderland Grown
Roasted Garlic with Herbs & Lemony
White Beans, NY Rose Pears*

24

Ramen Noodle Bar!

BYO with WW Noodles,
Chicken, Egg, Tofu, Scallions,
Carrots, Corn, Peas & Radishes
*Featuring Roasted Hadley Baby
Bok Choy, VT Gravenstein Apples*

Meals Available at Burger Queen: Hamburger, Cheeseburger, Grilled Chicken Filet, or Veggie Burger all on Whole Wheat Buns with Baked Fries

27

Homemade Vegetable Soup
with Barley served with a WG
Cheesy Stuffed Bread Twist

*Featuring Fresh Grapes &
Vegetable Pasta Salad*

28

Taco Bar!

Soft Flour Tortilla, Crunchy Corn
Tortilla, Chicken, Pork, Black
Beans, Shredded Cheese & Corn

*Featuring Mango Salsa,
Guacamole, & Pico de Gallo*

29

Chicken Pot Pie
Tender Diced White Chicken,
Peas & Carrots in a Creamy
Sauce with a WW Biscuit Topping

*Featuring Fresh Melon Wedges &
Hummus Dippers*

30

Sweet & Spicy Korean Chicken
with Mushroom Fried Rice

*Featuring Quick Pickled Vegetables
& Fresh Apple Slices with Caramel
Dip*

31

Early Release

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

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

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.

Manage Your Student's Account Online

- Visit www.MySchoolBucks.com



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

Assorted Condiments, Skim White, Skim Chocolate, or 1% White Milk are Available Daily.

*Be Sure to Complete any Meal at our 5-A-Day Bar which features a Seasonal Assortment of Fresh Fruits & Veggies
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*