

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  
Petersham Center School

Ralph C. Mahar Regional & School Union 73



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# SCHOOL LUNCH HERO DAY



Alternate Meals: Sunbutter & Jelly Sandwich on Whole Wheat, WW Muffin Fun Lunch, or Vegan Strawberry Fields Salad with WW Pita

5

WG Baked Fish & Chips served with Homemade Potato Salad, Mixed Fruit Cup & Fresh Blueberries

6

Chicken & WW Waffles served with Honey Cinnamon Sweet Potatoes, Maple Syrup, Heirloom Tomatoes, Strawberry & Cream Cup & Orange Wedges

7

WW Ziti & Meatballs served with Parmesan Cheese, Steamed Mixed Veggies, Cucumber Wheels, Peach Cup & Watermelon Wedges

8

WG Tostitos Scoops with Cheese Sauce & Mexi Seasoned Beef served with Rice & Beans, Corn & Bean Salsa, Lettuce, Guacamole Pear Cup & Fresh Strawberries

9

Pepperoni or Cheese WW French Bread Pizza served with Steamed Local Fiddleheads in Garlic Butter & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Caribbean Chicken Salad Sub on Whole Wheat, WW Bagel Fun Lunch, or Vegan Hummus & Pita Fox Box

12

Roast Turkey Dinner served over Mashed Potatoes, Gravy, & Corn Bread with Corn Salad, Whole Cranberry Sauce & Fresh Blueberries

13

Crispy Chicken Sandwich on a WW Bun served with Sweet Potato Fries, Crunchy Red Pepper Strips, Strawberry & Cream Cup & Orange Wedges

14

**Early Release**  
Choose from an Apple & Turkey Spring Salad or a Cheerio Cereal Fun Lunch both served with assorted fruits & veggies

15

Fish Taco's on a WW Tortilla made with MA Catch of the Day served with Shredded Lettuce, Fresh Diced Tomato, Rainbow Salsa, Pear Cup & Fresh Strawberries

16

**Global Flavors!**  
African Chicken & Kale Stew served over Yellow Rice Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Tuna Salad Sandwich with Lettuce & Tomato on a Whole Wheat Kaiser Bun, Cheerio Cereal Fun Lunch, Apple & Turkey Spring Salad with a Whole Wheat Roll

19

**Brunch for Lunch!**  
WW French Toast Sticks served with Maple Syrup, Hash Browns, Heck-of-a-Jicama Salad & Fresh Blueberries

20

Tuscan Turkey & Bean Soup served with Warm Rosemary Focaccia Bread, Carroteenies, Strawberry & Cream Cup & Orange Wedges

21

WG Chicken Nugget & Mozzarella Stick Combo served with Fresh Ratatouille, Green Pepper Strips, Peach Cup & Watermelon Wedges

22

2 Pieces of Bone-In Teriyaki Baked Chicken served over Edamame Fried Rice, with a Fortune Cookie, a Pear Cup & Fresh Strawberries

23

WW Stuffed Crust Cheese or Pepperoni Pizza Slice served with Sauteed Local Fiddleheads & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: All American Sub (Ham, Turkey & Cheese) on Whole Wheat, WW Muffin Fun Lunch, or Turkey & Cheese Fox Box

26



27

Beef Lo Mein made with WW Noodles and served with Corn Salad, Strawberry & Cream Cup & Orange Wedges

28

WW Cheesy Stuffed Pizza Stick & Marinara Dipping Sauce with Steamed Green Beans, Rainbow Carrots, Peach Cup & Watermelon Wedges

29

Hamburger or Cheeseburger on a WW Bun with Vegetarian Baked Beans, 3 Bean Salad, Pickles, Pear Cup & Fresh Strawberries

30

Homemade MA Catch of the Day Chowder served with a WG Honey Wheat Roll, Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Ham & Cheese with Lettuce & Tomato on a Whole Wheat Ciabatta, WW Bagel Fun Lunch, or Backyard BBQ Chicken Salad with Whole Grain Tortilla Chips

A USDA K-8 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.

