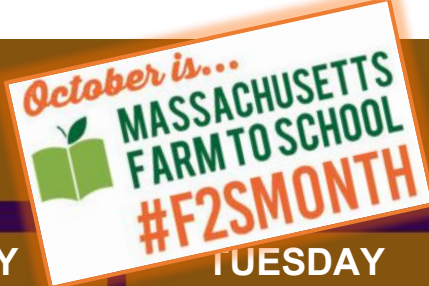


Lunch



OCTOBER 2025 Petersham Center School

Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Alternate Meals: Egg Salad Sandwich with Lettuce & Tomato on a Whole Wheat, Muffin Fun Lunch or Tuna Nicoise Salad w/ a WW Dinner Roll

6

Grilled BBQ Chicken Sandwich on a Whole Wheat Bun served with Sunderland Sweet Corn on the Cob, Homemade Potato Salad, Peach Cup & Fresh South Deerfield Raspberries

7

Chicken Tikka Masala over Brown Rice, Roasted Hadley Grown Honeynut Squash, Sunderland Heirloom Tomato Wedges from Kitchen Garden Farm, Mixed Fruit Cup & NY Jonagold Apples

8

Chicken Nugget & Mozzarella Stick Combo served with Roasted Yellow Carrots & Leeks from Sunderland, Hadley Purple Pepper Strips, Applesauce Cup & NY Snapdragon Apples

9

Teriyaki Chicken over Brown Rice with Roasted Edamame, Hummus & Veggie Dippers, Pineapple Cup & Hadley 'Crimson Sweet' Watermelon Wedges

10

Pepperoni or Cheese WW French Bread Pizza served with Roasted Hadley Grown Broccoli, VT Maiden's Blush Apples & Chef's Choice of Assorted Fresh Fruits & Veggies

Alternate Meals: All American Sub on Whole Wheat, GF Cheerio Cereal Fun Lunch or Power Up! Fox Box

**INDIGENOUS
PEOPLES'
DAY**

14

Tomato Soup served with 3 Cheese Toasted Cheese Sandwich on WW Bread, Sweet Red Pepper Strips, Mixed Fruit Cup & Fresh Grapes

15

NY Style Cheese or Pepperoni Pizza on WW Crust with Steamed Corn, Cucumber Wheels, Peach Cup & Fresh Cantaloupe

16

Hamburger or Cheeseburger on a WW Bun with Lettuce & Tomato, Vegetarian Baked Beans, Zesty 3 Bean Salad, Pickles, Applesauce Cup & Fresh Strawberry Cup

17

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

Alternate Meals: Cranberry Chicken Salad Sandwich with Lettuce & Tomato on Multigrain Bread, WW Bagel Fun Lunch or Cobb Salad w/ a WW Dinner Roll

20

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

21

Crispy Chicken Sandwich on a WW Bun with Roasted Hadley Grown Delicata Squash Smiles, Sunrise BumbleBee Cherry Tomatoes, Mixed Fruit Cup & Hadley Red Watermelon

22

Chicken & Vegetable Dumplings with Dipping Sauce, Roasted Hadley White Cauliflower Bites, Sunderland Bull's Horn Orange Peppers, Peach Cup & MA Honey Crisp Apples

23

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

24

WW Cheesy Stuffed Pizza Stick & Marinara Dipping Sauce served with Roasted Hadley Baby Bok Choy, VT Gravenstein Apples & Chef's Choice of Assorted Fresh Fruits & Veggies

Alternate Meals: Turkey & Cheese Sandwich with Lettuce & Tomato on a Whole Wheat Kaiser Bun, WW Muffin Fun Lunch or Sunbutter & Pretzel Fox Box

27

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

28

Cheesy Chicken Parmesan Bake with WW Pasta, Baked Sweet Potato Fries, Carrot Sticks, Mixed fruit Cup & Fresh Honeydew Melon

29

WW Cheese or Pepperoni Bagel Pizza served with Steamed Green Beans, Crunchy Snap Peas, Peach Cup & Fresh Apple Slices

30

Sweet & Sour Chicken served with Scallion Brown Rice, Roasted Edamame, Crunchy Chickpeas, Applesauce Cup, & Fresh Strawberries

31

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

Alternate Meals: Sesame Ginger Tuna Sandwich with on Whole Wheat, GF Cheerio Cereal Fun Lunch or Southwest Chicken Caesar Salad w/ a WW Dinner Roll

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 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 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