

**Celebrate Lunar New Year!**  
The festival begins on January 29<sup>th</sup> and ends with the 'Lantern Festival' on February 12<sup>th</sup>

**JANUARY 2025**  
**Ralph C. Mahar Regional**

**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](mailto:kbressani@rcmahar.org)

**6**

Chicken Fajitas with Peppers & Onions, Fiesta Corn, Seasoned Slow Cooked Black Beans, Salsa & Sour Cream  
*Featuring Guacamole & Fresh Strawberries & Local Apples*

**7**

Homemade Vegetarian Bean Chili with a Toasted 3 Cheese Sandwich  
*Featuring a Homemade Brownie & Fresh Grapes*

**8**

**Build a Mac & Cheese Bowl!**  
Choose from Ham, Broccoli, or Buffalo Chicken  
*Featuring Zesty 3 Bean Salad & Mixed Berry Slushy Cup & Blood Orange Wedges*

**9**

BBQ Chicken with Fresh Corn on the Cob & Baked Pear & Wild Blueberry Crisp  
*Featuring Carrot & Raisin Slaw & Mandarin Oranges*

**10**

Vegan Chana Masala with Mumbai Rice and Cucumber Raita  
*Featuring Fresh Strawberries & Homemade Potato Salad*

*Meals Available at our Hot Sandwich Station: Hamburger, Cheeseburger, or Chicken Filet on WW Buns, Vegan Nuggets, or Mozzarella Sticks all served with Regular or Sweet Potato Fries*

**13**

Chicken Tetrizzini with Steamed Green Beans  
*Featuring Italian Bean Salad & Fresh Cantaloupe & Honeydew Melon*

**14**

**Build a Burrito!**  
Choose from Turkey Taco Meat or Spicy Sweet Potato-Bean Mix, Spanish Seasoned Rice, Cheese, Peppers & Onions, & top with Enchilada Sauce

**15**

**Early Release**  
*Chicken Caesar Salad or Yogurt & Granola* **Senator Snack Box**  
*both served with Craisins & Crunchy Chickpeas*

**16**

Nashville-Style Hot Honey Chicken Sandwich on a Brioche Bun with Sweet Potato Fries & Pickles  
*Featuring Homemade Slaw, Frosted Yellow Cake & Peach Slushy Cup*

**17**

Chicken Tikka Masala with Roasted Carrot & Sweet Potato Blend and Herb & Chicken Couscous  
*Featuring Blueberry & Cream Cup & Fresh Strawberries*

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

**20**

**No School**  
Martin Luther King Jr. Day



**21**

Beef Stroganoff over Pilaf Seasoned Rice with Steamed Green Peas  
*Featuring Blueberry & Cream Cup & Fresh Apple Slices*

**22**

Homemade Local Mushroom & Barley Soup with 2 Mini Veggie Frittatas  
*Featuring Chocolate Mousse & Fresh Watermelon*

**23**

Pork Carnitas Street Tacos with Mexican Street Corn (Elote) and Cheesy Mexican Seasoned Rice  
*Featuring Fresh Pico De Gallo & Rainbow Salsa*

**24**

**No School**  
Semester Change



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

**27**

Southwest Seasoned Turkey Dinner with Gravy, Santa Fe Couscous, Corn Bread & Lime-Jalapeno Cranberry Sauce  
*Featuring Cowboy Caviar & Fresh Orange Wedges*

**28**

Pasta Bar! Choose from Marinara, Pesto, or Alfredo Sauces with Meatballs  
*Featuring Blueberry & Cream Cup & Tomato Caprese Salad*

**29**

Sweet & Sour Chicken with a Fresh Roasted Veggie Medley and a Brown & Wild Rice Blend  
*Featuring Chilled Lo Mein Salad & a Fortune Cookie*

**30**

Vegetable Fried Rice with 3 Chicken Dumplings, 1 Egg Roll, & Soy Glazed Roasted Edamame  
*Featuring Lemon Mousse & Cream Cup & Fresh Starfruit*

**31**

**Build a Ramen Noodle Bowl!**  
Choose from Chicken, Tofu, Egg, Edamame, Carrot, Bok Choy, Peapods, Scallions, or Corn & Assorted Sauces  
*Featuring Fresh Strawberries*

*Complete your Meal at our 5-A-Day Bar featuring: Lettuce, Carrots, Red & Green Peppers, Tomato, Cucumber, Cowboy Caviar, Sunflower Seeds, Slushy Cups, Fresh, Dried & Preserved Fruits*

A USDA 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)  
This institution is an equal opportunity provider.