

September is National Potato Month!

Lunch

SEPTEMBER 2024  
Fisher Hill Pre-K

Ralph C. Mahar Regional & School Union 73

MONDAY

2

No School  
Labor Day

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

9

Whole Grain French Toast Sticks with Maple Flavored Syrup, Baked Hash Browns, Ketchup & Fresh Watermelon

10

Hamburger or Cheeseburger with Sweet Potato Waffle Fries, Ketchup & Fresh Orange Smiles

11

Chicken Nugget & Mozzarella Stick Combo with Ketchup, Marinara Sauce, Local Roasted Summer Squash & Zucchini, & Melon Cup

12

Beef Soft Taco *seasoned ground beef in a whole wheat tortilla* with Shredded Cheddar Cheese & Lettuce, Salsa & Strawberries

13

Stuffed Crust Cheese or Pepperoni Pizza Slice with a Side Salad with Ranch or Italian Dressing & 100% Fruit Juice

*Alternate Meals: Muffin Fun Lunch (Whole Grain Muffin with an Upstate Farms Yogurt Cup) or Chicken Caesar Salad w/ a Whole Wheat Dinner Roll*

16

Roasted Turkey in Gravy with Mashed Potatoes, Whole Grain Cornbread, a Butter Packet & Fresh Apple Slices

17

Grilled BBQ Chicken Sandwich on a Whole Wheat Bun with Roasted Carrots, & Fresh Watermelon

18

**Half Day!**  
Cereal Fun Lunch or Pepperoni & Cheese Otter Box both served with Cucumber Wheels & Fresh Pineapple

19

Chicken & Cheese Quesadilla *diced chicken with melted cheddar cheese in a whole wheat tortilla* with Salsa, Sour Cream, Guacamole & Strawberries

20

Whole Grain Mac & Cheese with Steamed Broccoli Trees & 100% Fruit Juice

*Alternate Meals: Cereal Fun Lunch (Cheerios with a Yogurt Cup) or Pepperoni & Cheese Otter Box*

23

Chicken Fajitas *grilled seasoned chicken strips with peppers & onions* on a Whole Wheat Tortilla with Fresh Watermelon

24

Toasted 3 Cheese Sandwich on Multigrain Bread with Tomato Soup & Fresh Orange Smiles

25

Chicken & Waffles  
*2 whole grain breaded chicken tenders with a whole wheat waffle* with Hot Maple Cinnamon Apples, Ketchup & Celery Sticks

26

Hamburger or Cheeseburger with Ketchup, Boston Baked Beans with a Fresh Local Asian Pear

27

Personal Deep-Dish Cheese or Pepperoni Pizza with Fresh Broccoli Bites, Ranch Dip & 100% Fruit Juice

*Alternate Meals: Ham & American Cheese Sandwich on Whole Wheat Bread or Bagel Fun Lunch (Whole Wheat Bagel with Cream Cheese & a Yogurt Cup)*

30

Cheese Ravioli with Marinara Sauce with Steamed Sweet Peas & Fresh Apple Slices



One Full Reimbursable Lunch is Free to Each Student.  
A La Carte Items will be charged accordingly.

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.



A USDA Pre-K Reimbursable Lunch Includes: 1 Skim White or Skim Chocolate or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, a Fruit & a Vegetable

Assorted Condiments 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 your food service director at [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)