

# Lunch

Hispanic Heritage Month runs from September 15<sup>th</sup> - October 15<sup>th</sup>! Look for Latin American Inspired Dishes on our Menu. To Learn More Check out [The Smithsonian](#)

SEPTEMBER 2025  
CACFP Pre-K



Ralph C. Mahar Regional & School Union 73

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2

3

4

5

8

Roasted Turkey in Gravy served with Mashed Potatoes, Whole Grain Cornbread & Fresh Watermelon Wedges

9

WW Pasta with Chicken Meatballs, Marinara Sauce, Parmesan Cheese, Roasted Butternut Squash & Fresh Plums

10

Pepperoni or Cheese WW French Bread Pizza served with Chef's Choice of Assorted Fresh Fruits & Veggies

11

**Beef Nachos**  
WG Tostitos Scoops with Cheese Sauce & Mexi Seasoned Beef served with Rice & Beans, Lettuce & Applesauce Cup

12

**Beef Lo Mein**  
made with WW Ramen Style Noodles mixed with seasoned ground beef, steamed broccoli & served with a Pear Cup

Alternate Meals: Turkey & Cheese Sandwich with Lettuce & Tomato on a Whole Wheat Kaiser Bun or WW Muffin Fun Lunch (2oz. Muffin & 4oz. Danimal Yogurt)

15

**Arroz Con Pollo**  
all white meat chicken strips over brown rice with herb seasoned tomatoes & peas served with Fresh Cantaloupe

16

**Tomato Soup**  
served with 3 Cheese (American, cheddar & mozzarella) Toasted Cheese Sandwich on WW Bread, & Fresh Nectarines

17

**Early Release**  
Choose From Chicken Salad Sandwich or Bagel Fun Lunch all served with Assorted Fruits & Veggies

18

**Chilean Style Chicken**  
tender diced all white meat chicken in a homemade Chimichurri Sauce over Brown Rice & Red Beans & served with an Applesauce Cup

19

Whole Wheat Stuffed Crust Cheese or Pepperoni Pizza Slice served with a Side Garden Salad & a Pear Cup

Alternate Meals: Chicken Salad Sandwich with Lettuce & Tomato on Multigrain Bread or WW Bagel Fun Lunch (2oz Bagel, Cream Cheese & 4oz. Danimal Yogurt)

22

1 Pork Carnitas Street Taco on a Corn Tortillas with Elote, (Mexican-Style Street Corn on the Cob with Cilantro and Cheese) & Fresh Honeydew Melon

23

2 Chicken Tenders & a Whole Grain Waffle with Real MA Maple Syrup, Roasted Acorn Squash Smiles & Cinnamon Apples Slice Cup

24

Whole Wheat Cheesy Stuffed Pizza Stick & Marinara Dipping Sauce served with Chef's Choice of Assorted Fresh Fruits & Veggies

25

Hamburger or Cheeseburger on a Whole Wheat Bun with Lettuce & Tomato, Vegetarian Baked Beans, Pickles and an Applesauce Cup

26

**Chicken Nachos**  
WG Tostitos Scoops with Mild Enchilada Seasoned Diced Chicken served with shredded cabbage & a Pear Cup

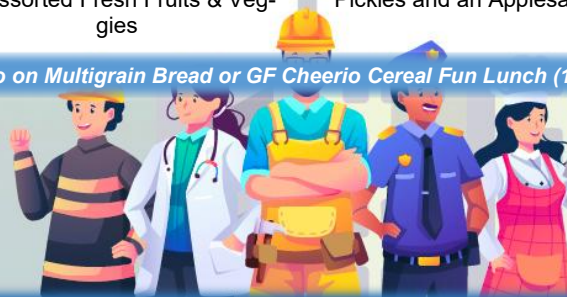
Alternate Meals: Turkey & Bacon Sandwich with Lettuce & Tomato on Multigrain Bread or GF Cheerio Cereal Fun Lunch (1oz. Cereal & 4oz. Danimal Yogurt)

29

1 Baked Whole Wheat Empanadas served with Sweet Plantains & Fresh Watermelon Wedges

30

Crispy Chicken Sandwich on Whole Wheat Bun with Baked Sweet Potato Fries and Fresh Plum



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

A USDA Pre-K 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)

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)  
**This institution is an equal opportunity provider.**