

Lunch

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

SEPTEMBER 2025 Petersham Center School

CENTRAL
MASS
GROWN

Ralph C. Mahar Regional &
School Union 73

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Crispy Chicken Drumstick with a Whole Wheat Biscuit, Baked Sweet Potato Fries, Fresh Tomato Cup, Mixed Fruit Cup & Fresh Melon Cup

3

Turkey Taco's in a Soft Flour Tortilla with Seasoned Black Beans, Sour Cream, Guacamole, Black Bean, Corn, & Tomato Salsa, Sliced Apple Cup, & Assorted Fresh Fruit

4

Brunch for Lunch!
3 WW French Toast Sticks with Scrambled Eggs, Seasoned Potato Wedges, Cucumber Wheels, Applesauce Cup & Fresh Berry Cup

5

Teriyaki Chicken with Brown Rice, Honey-Soy Roasted Bok Choy, a Side Garden Salad, Pear Cups & Fresh Grapes

Alternate Meals: Ham & Cheese Sandwich with Lettuce & Tomato on a Whole Wheat Kaiser Bun, GF Cheerio Cereal Fun Lunch or Chicken Caesar Salad w/ a WW Dinner Roll

8

Roasted Turkey in Gravy served with Mashed Potatoes, Whole Grain Cornbread, Corn Salad, Whole Berry Cranberry Sauce Cup & Fresh Watermelon Wedges

9

WW Pasta with Chicken Meatballs, Marinara Sauce, Parmesan Cheese, Roasted Butternut Squash, Tomato, Fresh Basil & Mozzarella Salad, Mixed Fruit Cup & Fresh Plums

10

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

11

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

12

Beef Lo Mein made with WW Noodles, Steamed Broccoli, a Side Garden Salad, Pear Cup & Fresh Grapes

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

15

Arroz Con Pollo
Slow Roasted Chicken & Rice with Flavorful Herbs & Spices, Tomatoes, & Peas served with Potato Salad, Peach Cup & Fresh Cantaloupe

16

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

17

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

18

Seasoned Bone-In Chicken and Homemade Chimichurri Sauce with Rice & Red Beans, Corn & Black Bean Saad, Applesauce Cup & Fresh Berry Cup

19

WW Stuffed Crust Cheese or Pepperoni Pizza Slice served with Sautéed Rainbow Swiss Chard, a Side Garden Salad, Pear Cup & Fresh Grapes

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

22

Pork Carnitas Street Tacos on Corn Tortillas with Elote, Mexican Street Corn on the Cob, Potato Salad, Peach Cup & Fresh Honeydew Melon

23

Chicken & WW Waffle with Real MA Maple Syrup, Acorn Squash Smiles, Heirloom Cherry Tomatoes, Cinnamon Apples Slice Cup, Fresh Peaches

24

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

25

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

26

Chicken Pozole, a traditional savory Mexican Soup, served with Corn Tortilla Chips, Shredded Cabbage, Radishes, Red Onion, Cilantro & Lime Salad, Pear Cup & Grapes

Alternate Meals: Turkey & Bacon Sandwich with Lettuce & Tomato on Multigrain Bread, GF Cheerio Cereal Fun Lunch or Yogurt Sunrise Fox Box

29

Baked Whole Wheat Empanadas served with Sweet Plantains, Potato Salad, Peach Cup, Fresh Watermelon Wedges

30

Crispy Chicken Sandwich on WW Bun served with Baked Sweet Potato Fries, Red Pepper Strips, Mixed Fruit Cup & Fresh Plums



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

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

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
This institution is an equal opportunity provider.