

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 Ralph C. Mahar Regional



Ralph C. Mahar Regional &
School Union 73

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The Senator Sub Shop! A Build Your Own Deli Station on Assorted Whole Wheat Breads with Fresh Sliced Deli Meats, Cheeses, Toppings, and Sauces



2

Brunch for Lunch!

WW French Toast Sticks or WW Waffles with Sausage or Scrambled Eggs & Seasoned Potatoes with Maple Syrup

3

Pasta Bar!

Choose from Marinara, Pesto, or Alfredo Sauces with Chicken And Broccoli atop WW Pasta
Featuring Fresh Melon

4

Vegetable Fried Rice with 3 Chicken Dumplings, 1 Egg Roll, & Soy Glazed Roasted Edamame
Featuring Homemade Asian Slaw

5

Build a Ball Park Hot Dog!
Top your All-Beef Dog w/ chili, sauerkraut, onions, cheese & avocado served with Boston Baked Beans

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

8

Sweet & Sour Chicken with Pineapple & Scallion Rice & Roasted Green Beans
Featuring Local Peaches, Plums, & Nectarines

9

Build a Mac & Cheese Bowl!
Choose from Ham, Broccoli, Butternut Squash, Pico de Gallo or Buffalo Chicken
Featuring Blueberries & Cream Cup

10

Chick-Fil-HeyO! Sandwich with Pickles, Shredded Lettuce, & Special Sauce on a Brioche Bun
Featuring Tuscan White Bean Salad

11

Homemade Chili in a Bread Bowl with Assorted Toppings
Featuring Green Bean, Cranberry, & Sunflower Seed Salad & Local Apples

12

Baked Potato Bar!
Pulled Pork, Cheese Sauce, Chili, Scallions, Bacon Bits, Tomatoes, Sour Cream & WG Biscuits
Featuring Corn & Black Bean

Meals Available at our Grab-n-Go Station: Chef Salad or Chicken Caesar Salads with Whole Wheat Rolls; Fruit, Yogurt & Granola Parfaits; Senator Snack Boxes

15

Arroz Con Pollo
Slow Roasted Chicken & Rice with Flavorful Herbs & Spices, Peppers, Tomatoes, & Peas
Featuring Zesty 3 Bean Salad

16

Homemade Vegetable Soup served with a Cheesy Stuffed Bread Twist
Featuring Quinoa & Roasted Butternut Squash Salad

17

Early Release
Turkey & Cheese Sandwich, Chicken Caesar Salad, or Yogurt & Granola **Senator Snack Box** all served with Assorted Fruits & Veggies

18

Refreshing Acai Bowls!
Acai Puree decoratively topped with Granola, Fresh Kiwi, Berries, Banana, Chia & Sunflower Seeds
Featuring Pesto Pasta Salad

19

Seasoned Bone-In Chicken and Homemade Chimichurri Sauce with Rice & Beans
Featuring Fresh Grapes & a Tomato Barley Salad

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

22

Loaded Tater Tots!
Topped with Cheese Sauce, Bacon Bits, Taco Seasoned Turkey, Scallions, & Diced Tomatoes
Featuring Pasta Salad

23

Pork Carnitas Street Tacos on Coren Tortillas with Elote, Mexican Street Corn on the Cob and Cheesy Mexican Seasoned Rice
Featuring Rainbow Bean Salsa

24

Chicken & Waffles with Roasted Cinnamon Apples in Real VT Maple Syrup
Featuring Local Hot Apple Cider & Fresh Melon

25

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

26

Roasted Turkey in Gravy with Mashed Potatoes & Whole Grain Cornbread
Featuring Whole Cranberry Sauce, & Local Apples

Meals Available at Burger Queen: Hamburger, Cheeseburger, Grilled Chicken Filet, or Veggie Burger all on Whole Wheat Buns with Baked Fries

29

Baked Whole Wheat Empanadas served with Sweet Plantains and Assorted Dipping Sauces
Featuring Homemade Pico de Gallo & Local Apples

30

Nashville-Style Hot Honey Chicken Sandwich on a Brioche Bun with Pickles
Featuring Homemade Slaw & Fresh Orange Wedges



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

A USDA Reimbursable Lunch Includes.... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables
Assorted Condiments, 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 your food service director at kbressani@rcmahar.org

This institution is an equal opportunity provider.