

Lunch Menu

Ralph C. Mahar Regional School Lunch Menu

Ralph C. Mahar Regional School

Ralph C. Mahar Regional School District Menu subject to change without notice due to supply chain issues.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>Jan 3</b></p> <p>Chicken Filet Sandwich Assorted Baked Chips Ham &amp; Cheese Sandwich lowfat ranch dressing Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid 5 a day fruit &amp; veg bar Veggie Cruncher</p>	<p style="text-align: right;"><b>Jan 4</b></p> <p>Chef's Salad Assorted Salad Dressing Whole Wheat Rolls Alternate Turkey and Cheese Sub Lettuce &amp; Tomato Sun Chip, Original BANANAS Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid 5 a day fruit &amp; veg bar</p>	<p style="text-align: right;"><b>Jan 5</b></p> <p>Cheese Pizza Stix Marinara Sauce Farmer's Garden Salad *RESIZED Diced Peaches Alternate Sun Butter + Jelly Sandwich Sun Chip, Original Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid 5 a day fruit &amp; veg bar</p>	<p style="text-align: right;"><b>Jan 6</b></p> <p>Chicken &amp; Gravy Whipped Potato PEAS &amp; CARROTS: frozen,boiled Diced Peaches Alternate Asst. Grab &amp; Go Salads Cornbread Orange wedges Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid</p>	<p style="text-align: right;"><b>Jan 7</b></p> <p>Mac n Cheese Alternate Tuna on WW bun PEAS: frozen,boiled Farm fresh apple Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid 5 a day fruit &amp; veg bar</p>
<p style="text-align: right;"><b>Jan 10</b></p> <p>Boneless Pork Rib Sandwich Home made Cole Slaw Egg Salad Sandwich Assorted Baked Chips Fruit and Yogurt Parfait Farmer's Garden Salad 21B CHEESE STICK, MARBL ITALIAN BREAD Pat of Butter 5 a day fruit &amp; veg bar MILK,Skim MILK,1% Lowfat Fat Free Chocolate Milk Lactaid</p>	<p style="text-align: right;"><b>Jan 11</b></p> <p>Meatball Grinder Caesar Side Salad MIXED FRUIT: frozen,sweetened *RESIZED* Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Alternate Egg Salad Sandwich CARROT STICKS Crunchy Celery Sticks 5 a day fruit &amp; veg bar Lactaid RAISINS</p>	<p style="text-align: right;"><b>Jan 12</b></p> <p>Pizza with Cheese WW Crust Side Salad Alternate Sun Butter + Jelly Sandwich 5 a day fruit &amp; veg bar Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid Sidekicks! Sour Cherry</p>	<p style="text-align: right;"><b>Jan 13</b></p> <p>Chicken Tenders French Fries CORN: frozen, yellow Whole Wheat Rolls Alternate Tuna on WW bun APPLESAUCE,SWEETENED *RESIZED* 5 a day fruit &amp; veg bar Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid</p>	<p style="text-align: right;"><b>Jan 14</b></p> <p>Broccoli Cheddar Soup Spinach Side Salad with Strawberries Whole Grain Dinner Roll Pat of Butter Sun Butter + Jelly Sandwich 5 a day fruit &amp; veg bar Fat Free Chocolate Milk MILK,1% Lowfat MILK,Skim Lactaid</p>

Jan 17

HOLIDAY

Jan 18

NO SCHOOL TODAY

Jan 19

Ole' style Pulled Pork  
Cornbread  
Alternate  
Chicken Salad Sub, 6"  
Orange wedges  
5 a day fruit & veg bar  
PEAS: frozen,boiled  
Fat Free Chocolate Milk  
MILK,1% Lowfat  
MILK,Skim  
Lactaid

Jan 20

American Chop Suey  
Alternate  
(Turkey) Bologna and  
Cheese Sub, lett. & Toma  
Sun Chip, Original  
Steamed Broccoli  
APPLESAUCE:cnnd,unswtnd,+vit  
ESIZED\*  
Fat Free Chocolate Milk  
MILK,1% Lowfat  
MILK,Skim  
Lactaid  
5 a day fruit & veg bar

Jan 21

Baked Potato bar  
Garlic Bread!  
PEAS: frozen,boiled  
Warm Cinnamon Apples  
Alternate  
Turkey & Cheese on Wheat Brea  
Fat Free Chocolate Milk  
MILK,1% Lowfat  
MILK,Skim  
Lactaid  
5 a day fruit & veg bar

Jan 24

Shepherd's Pie  
Alternate  
Ham & Cheese Sub!  
Sun Chip, Original  
Spinach Salad with  
Strawberries  
Hard boiled egg  
Garlic Bread  
Hot Veggie bar  
5 a day fruit & veg bar  
Fat Free Chocolate Milk  
MILK,1% Lowfat  
MILK,Skim  
Lactaid

Jan 25

Spaghetti and Meatballs  
Side Salad  
Alternate  
Black Bean and Corn Salad  
Parm. Garlic Pita Chips  
Tuna on WW bun  
Assorted Baked Chips  
Sidekicks! Sour Cherry  
5 a day fruit & veg bar  
Fat Free Chocolate Milk  
MILK,1% Lowfat  
MILK,Skim  
Lactaid

Jan 26

Cheese pizza with  
Roasted Vegetables  
Pizza with Cheese WW Crust  
Grated Parmesan Cheese  
Alternate  
Sun Butter + Jelly Sandwich  
Southwestern Salad, High  
Whole Grain Dinner Roll  
Assorted Salad Dressing  
5 a day fruit & veg bar  
Fat Free Chocolate Milk  
MILK,1% Lowfat  
MILK,Skim  
Lactaid

Jan 27

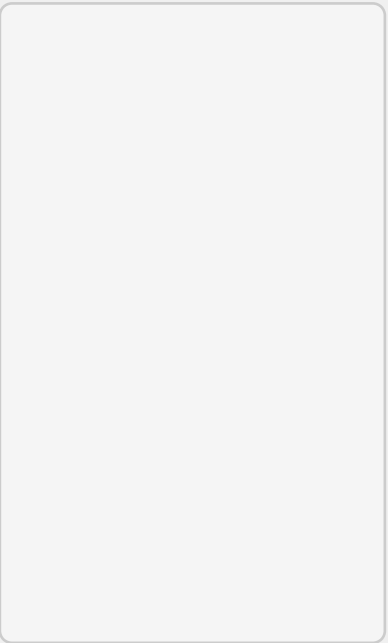
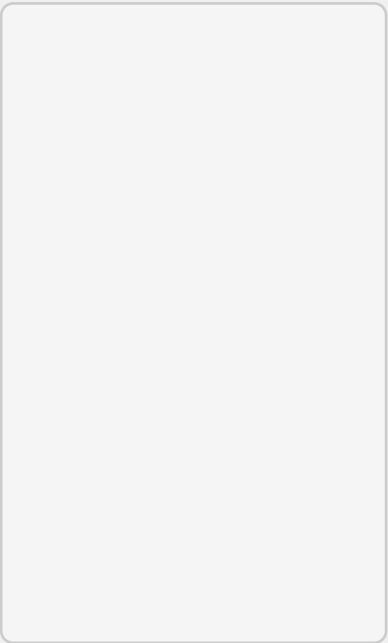
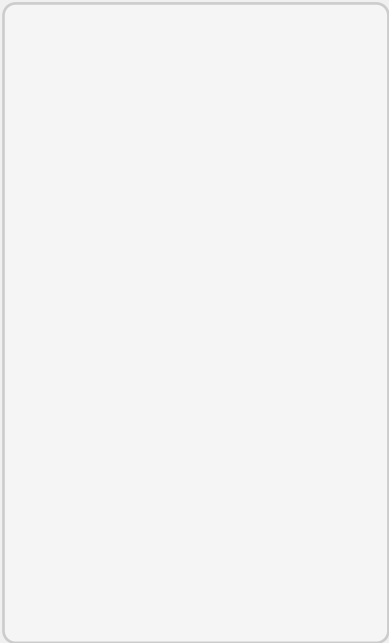
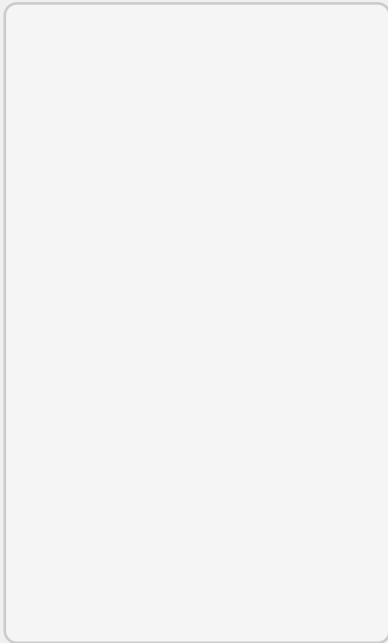
Cheeseburger on WW Bun  
Alternate  
Hot Pretzel w/ Cheese sauce  
Mediterranean Salad - side  
Whole Wheat Rolls  
Green Beans, frozen  
BAKED BEANS (VEGETARIA  
French Fries  
5 a day fruit & veg bar  
Fat Free Chocolate Milk  
MILK,1% Lowfat  
MILK,Skim  
Lactaid

Jan 28

The Ultimate Fish Stick  
Krispy Wedge Potato  
WG Apple Roll!  
CORN: frozen, yellow  
TARTAR SAUCE  
Alternate  
Egg Salad Sandwich  
Crunchy Celery Sticks  
lowfat ranch dressing  
Fat Free Chocolate Milk  
5 a day fruit & veg bar  
MILK,1% Lowfat  
MILK,Skim  
Lactaid  
KETCHUP: individual

Jan 31

Beef Pot Roast!  
Whipped Potato  
Carrots  
Beef Gravy Mix, Bernard  
Alternate  
Ham & Cheese Sandwich  
Veggie Cruncher  
lowfat ranch dressing  
Asst. Grab & Go Salads  
Assorted Salad Dressing  
Side: Egg or tuna Salad,  
or Cottage Cheese  
Whole Wheat Rolls  
5 a day fruit & veg bar  
Fat Free Chocolate Milk  
MILK, 1% Lowfat  
MILK, Skim  
Lactaid



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