

Breakfast in the Classroom

**SEPTEMBER 2024
Fisher Hill**

**Ralph C. Mahar Regional &
School Union 73**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed Labor Day	3 Reduced Sugar, Whole Grain Trix Cereal served with 100% Fruit Juice, an Applesauce Cup, & Fat-Free or 1% White Milk	4 Whole Wheat Belgian Style Sweet Cinnamon Waffle served with Raisins, a Peach Slushy Cup, & Fat-Free or 1% White Milk	5 Reduced Sugar, Whole Grain Cocoa Puff Cereal served with Fresh Apple Slices, Craisins, & Fat-Free or 1% White Milk	6 Whole Grain Cinnamon Crumb Cake served with 100% Fruit Juice, Tropical Fruit Cup, & Fat-Free or 1% White Milk
9 Reduced Sugar, Whole Grain Cinnamon Toast Crunch Cereal served with Fresh Apple Slices, Craisins, & Fat-Free or 1% White Milk	10 Whole Grain Nutri-Grain Bar served with Low-Fat Mozzarella Cheese, a Fresh Banana, 100% Fruit Juice, & Fat-Free or 1% White Milk	11 Reduced Sugar, Whole Grain Frosted Mini Wheats Cereal served with 100% Fruit Juice, an Applesauce Cup, & Fat-Free or 1% White Milk	12 Whole Grain Chocolate Chip Muffin served with 100% Fruit Juice, Diced Pear Cup, & Fat-Free or 1% White Milk	13 Reduced Sugar, Whole Grain GF Cinnamon Chex Cereal served with Fresh Apple Slices, Craisins, & Fat-Free or 1% White Milk
16 Whole Wheat Belgian Style Waffle served with Fresh Apple Slices, a Strawberry Slushy Cup, & Fat-Free or 1% White Milk	17 Reduced Sugar, Whole Grain Kix Cereal served with a Fresh Banana, Raisins, & Fat-Free or 1% White Milk	18 Whole Grain Cinnamon Swirl Bun served with 100% Fruit Juice, Dried Fruit Mix, & Fat-Free or 1% White Milk	19 Reduced Sugar, Whole Grain Lucky Charms Cereal served with Fresh Apple Slices, Craisins, & Fat-Free or 1% White Milk	20 Whole Wheat Bagel with Cream Cheese served with a Papaya & Mango Fruit Cup, 100% Fruit Juice, & Fat-Free or 1% White Milk
23 Reduced Sugar, Whole Grain Frosted Flakes Cereal served with Fresh Apple Slices, Craisins, & Fat-Free or 1% White Milk	24 Whole Grain Apple Cinnamon Muffin served with a Fresh Banana, 100% Fruit Juice, & Fat-Free or 1% White Milk	25 Reduced Sugar, Whole Grain GF Rice Chex Cereal served with 100% Fruit Juice, an Applesauce Cup, & Fat-Free or 1% White Milk	26 Whole Wheat Belgian Style Buttery Maple Waffle served with Raisins, a Mixed Berry Slushy Cup, & Fat-Free or 1% White Milk	27 Reduced Sugar, Whole Grain Golden Grahams Cereal served with Fresh Apple Slices, Craisins, & Fat-Free or 1% White Milk
30 Stonyfield Organic Strawberry Smoothie served with Whole Grain Graham Crackers, Apple Slices, Dried Fruit Mix, Fat-Free or 1% White Milk				

It's National Papaya Month!

A USDA Reimbursable Breakfast Includes... 1 Skim or 1% White Milk, a selection of Fruit, & a Whole Grain Breakfast Item

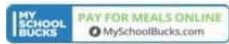
Alternative Milk Choices such as Lactaid and Soy Milk are available to any student with a documented dietary need

If you have any questions or would like additional information regarding this menu please contact your food service director at kbressan@rcmahar.org

One Full Reimbursable Breakfast is Free to Each Student

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September 10th is National Hot Dog Day!

Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School Labor Day	3 Crispy Chicken Sandwich on a Whole Wheat Bun with Sweet Potato Fries, Red Pepper Strips, Pear Cup, & Orange Smiles	4 Whole Grain Pizza Sticks with Marinara Dipping Sauce, Steamed Corn, Garden Side Salad, Peach Cup, Cantaloupe & Honeydew Melon	5 Nacho Cheese Sauce with Whole Grain Corn Chips, Seasoned Baby Beans, Corn & Bean Salsa, Mixed Fruit Cup, & Fresh Grapes	6 Teriyaki Chicken over Brown Rice with Sauteed Baby Bok Choy & Water Chestnuts, Fresh Broccoli Bites, Apricot Cup, & Fresh Blueberries
<i>Alternate Meals: Turkey & American Cheese Sandwich on Whole Wheat Bread, Bagel Fun Lunch, or Vegan Hummus Otter Box</i>				
9 Whole Grain French Toast Sticks with Baked Hash Browns, Corn & Herb Salad, Strawberry Slushy Cup, & Fresh Watermelon	10 All Beef Hot Dog with a Fresh Baked Cookie, Sweet Potato Waffle Fries, Homemade Slaw, Pear Cup, & Fresh Orange Smiles	11 Chicken Nugget & Mozzarella Stick Combo with Local Roasted Summer Squash & Zucchini, Tomato Cup, Peach Cup, Cantaloupe & Honeydew Melon	12 Beef Soft Taco with Shredded Cheddar Cheese & Lettuce, Salsa, Southwest Lentils, Crunchy Chickpeas, Mixed Fruit Cup, & Fresh Strawberries	13 Stuffed Crust Cheese or Pepperoni Pizza Slice with Roasted Baby Broccoli, Caesar Side Salad, Cherries & Cream Cup, & Fresh Grapes
<i>Alternate Meals: Sunbutter & Jelly Sandwich on Whole Wheat Bread, Muffin Fun Lunch, or Chicken Caesar Salad w/ a Whole Wheat Dinner Roll</i>				
16 Roasted Turkey in Gravy with Mashed Potatoes, Whole Grain Cornbread, Sweet Pea Salad, Whole Cranberry Sauce Cup, & Fresh Apple Slices	17 Grilled BBQ Chicken Sandwich on a Whole Wheat Bun with Roasted Carrots, Crunchy Red Pepper Strips, Pear Cup, & Fresh Watermelon	18 Cheese Pizza Crunchers with Marinara Dipping Sauce, Roasted Green Beans, Cucumber Wheels, Peach Cup, & Fresh Pineapple	19 Chicken & Cheese Quesadilla with Salsa, Sour Cream, Guacamole, Seasoned Red Beans, Cowboy Caviar, Craisins, & Fresh Strawberries	20 Whole Grain Mac & Cheese with Steamed Broccoli Trees, Garden Side Salad, Apricot Cup, & Fresh Grapes
<i>Alternate Meals: Vegan Hummus & Veggie Whole Wheat Pita, Cereal Fun Lunch, or Pepperoni & Cheese Otter Box</i>				
23 Chicken Fajitas on a Whole Wheat Tortilla with Sweet Roasted Plantains, Fiesta Corn Salad, Applesauce Cup, & Fresh Watermelon	24 Toasted 3 Cheese Sandwich on Multigrain Bread with Tomato Soup, Garden Side Salad with Heirloom Tomatoes, Pear Cup, & Fresh Orange Smiles	25 Chicken & Waffles with Hot Maple Cinnamon Apples, Celery Sticks, Homemade Slaw, Cantaloupe & Honeydew Melon Cup	26 Hamburger or Cheeseburger with Boston Baked Beans with Crunchy Chickpeas, Mixed Fruit Cup, Fresh Grapes	27 Personal Deep-Dish Cheese or Pepperoni Pizza with Sauteed Kale, Fresh Broccoli Bites, Blueberries & Cream, Fresh Local Asian Pear
<i>Alternate Meals: Ham & American Cheese Sandwich on Whole Wheat Bread, Bagel Fun Lunch, Vegan Strawberry Fields Salad w/ a Whole Wheat Pita</i>				
30 Cheese Ravioli with Marinara Sauce, a Whole Grain Garlic Knot, Steamed Sweet Peas, Corn Salad, Applesauce Cup, Fresh Apple Slices				

A USDA Reimbursable Lunch Includes... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables

Assorted Condiments, Carotenies, Skim White, Skim Chocolate, or 1% White Milk are Available Daily

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