






## Ralph C. Mahar Regional School

### February 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. Baked BBQ Chicken, White Rice, Corn , roll OR..... Mahar "Sub Stop". .. (Asst. Subs w/ meat, cheese, let. &amp; tom.) Grab-n-Go! Chips, 5 a day, &amp; Milk included</p>	<p>3. Beef Tacos! Refried Beans, Spanish Rice OR..... Stuffed Crust Pizza. 5 a day bar and Apple Churro (Mexican pastry) and Milk included with both options</p>	<p>4. Cheese Ravioli, Garlic Bread OR..... Beef Taco Salad and Garlic Bread. 5 a day bar, Oatmeal Cookie and Milk included with either option</p>	<p>5. Bread Bowls! Beef Stew or Clam Chowder OR..... Steamed Hot Dog on Bun with Chips and Beans 5 a day and Milk included with either option</p>	<p>6. Chicken or Vegetable Stir Fry! White Rice, Orange Wedges, Fortune Cookie OR..... Stuffed Crust Pizza 5 a day and Milk included with either option</p>
<p>9. Hamburger and Fries! OR..... Nacho Boats  5 a day, Cookie and Milk included w/ either</p>	<p>10. Assorted Wraps with Chips OR..... PB&amp;J with chips  5 a day, Jello Cup and Milk included</p>	<p>11. School Made Pizza! Cheese or Pepperoni. OR..... MYO Chef Salad. 5 a day and Milk included</p>	<p>12. Roast Turkey, potato, veggie, roll, cranberry sauce! OR.....Dilly Deli 5 a day, brownie and Milk included</p>	<p>13. Chef's Choice!  5 a day and Milk included</p>
<p>16. Presidents' Day</p> <div style="text-align: center;">  </div> <p>FEBRUARY BREAK!</p>	<p>17. No School</p> <div style="text-align: center;">  </div>	<p>18. No School</p> <div style="text-align: center;">  </div>	<p>19. No School</p> <div style="text-align: center;">  </div>	<p>20. No School</p> <div style="text-align: center;">  </div>
<p>23. Chicken Parm. Sandwich Tater Tots, Corn OR..... Baked Potato Bar 5 a day, Fruit Cup w/ whipped cream and Milk included</p>	<p>24. Ham and Scalloped Potato Steamed Veggie, roll OR.... Quesadilla w/ salsa &amp; sour cream Asian Noodle Bar 5 a day and Milk included w/either meal</p>	<p>25. Tuna Noodle Casserole, roll, Peas OR..... Mega Salad Bar  5 a day, Cookie Bar and Milk included</p>	<p>26. Chicken and Gravy over potato, Carrot Coins, roll OR..... Burger Bash.  5 a day and Milk included</p>	<p>27. Baked Cajun Fish, Rice, Green Beans OR..... Beef Taco Pie  5 a day, Chocolate Cake and Milk included</p>