

November is Native American Heritage Month!
 Look for Indigenous Ingredients all Month long, marked with a Feather

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Want to Learn More? <https://www.nativeamericanheritagemonth.gov/>
 Check out Regional Recipes & Videos from the North American Traditional Indigenous Food Systems Project here: <https://natifs.org/indigenous-food-sovereignty-initiative-usda-fdpir/>
 Learn about 'The Three Sisters' here: <https://www.nps.gov/tont/learn/nature/the-three-sisters.htm>

1
 Alaskan Pollock Fish Sandwich with Side Caesar Salad, **Wild Blueberries** & Cream Cup & Chef's Choice of Assorted Fruits & Veggies

4
 Fluffy Scrambled Eggs & Whole Wheat Pancakes with Hash Browns, Corn Salad, 100% Fruit Slushy Cup, & Fresh Pear

5
Early Release
 Choose from: a Chef Salad or a Bagel Fun Lunch served with Carroteenies & a 100% Fruit Juice

6
 All Beef Hot Dog with Boston Baked Beans, Chickpea Salad, Peach Cup, Watermelon, & Homemade **Chia Pudding**

7
 Homemade Beef Sloppy Joe Nachos with Steamed Carrots, Red & Green Pepper Strips, Mixed Fruit Cup, & Fresh Strawberries

8
 Stuffed Crust Cheese or Pepperoni Pizza with Classic Collard Greens, Cherries & Cream Cup & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Buffalo Chicken Wrap, Bagel Fun Lunch, or Chef Salad with a Whole Wheat Roll



11
Veteran's Day

12
Three Sister Soup with Toasted Three Cheese Sandwich with Broccoli Bites & Ranch Dip, Pear Cup, & Fresh Apple Slices

13
 Personal Deep-Dish Cheese or Pepperoni Pizza with Tater Tots, Sweet Pea Salad, Peach Cup, & Watermelon

14
Early Release
 Choose from: a Ham & Cheese Sandwich or a Muffin Fun Lunch served with Carroteenies & a 100% Fruit Juice

15
Early Release
 Choose from: a Vegan Hummus & Pita Otter Box & or a Muffin Fun Lunch served with Carroteenies & a 100% Fruit Juice

Alternate Meals: Ham & Cheddar Cheese Sandwich on Whole Wheat, Muffin Fun Lunch, or Vegan Hummus Sunflower & Pita Otter Box

18
Bison & Barley Soup with a Whole Wheat Biscuit, Cucumber Wheels, Applesauce Cup, & Fresh Orange Smiles

19
 Grilled BBQ Chicken Sandwich on a Whole Wheat Bun with Corn on the Cob, Potato Salad, Pear Cup & Fresh Apple Slices

20
 Whole Wheat Rotini & Meatballs with Roasted **Acorn Squash** Smiles, Garden Side Salad, Peach Cup & Watermelon

21
 Chicken Tenders with **Wild Rice** & Pinto Beans, Hummus Cup, Mixed Fruit Cup & Fresh Strawberries

22
 Pepperoni or Cheese French Bread Pizza with Lemony Broccoli, **Wild Blueberries**, Cream Cup & Chef's Choice of Assorted Fruits & Veggies

Alternate Meals: Egg Salad Sandwich on Whole Wheat, Cereal Fun Lunch, Vegan Strawberry Fields Salad with a Whole Wheat Pita

25
 Chicken & Broccoli Alfredo with **Three Sisters Side Salad**, Applesauce Cup, & Fresh Orange Smiles

26
 Roasted Turkey in Gravy with Mashed Potatoes, Whole Grain Cornbread, Whole **Cranberry** Sauce Cup, & Chef's Choice Assorted Fruits & Veggies

27
Early Release
 Choose from: a Turkey BLT Sandwich or a Bagel Fun Lunch served with Carroteenies & a 100% Fruit Juice

28
Happy Thanksgiving!

29

Alternate Meals: Turkey BLT Sandwich on Whole Wheat, Muffin Fun Lunch, or Pepperoni & Cheese Otter Box

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, Local Apples, Carroteenies, Skim Milk, or 1% White Milk are Available Daily
 Alternative Milk Choices such as Lactaid or Soy Milk are available to any student with a documented dietary need

One Full Reimbursable Lunch is Free to Each Student - A La Carte Items will be charged accordingly
 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.
 Manage Your Student's Account Online - Make Prepayments - View Transaction History - View Account Balance - Visit www.MySchoolBucks.com