

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 Ketchup, Tartar Sauce, Side Caesar Salad, & a Local New Salem Preserves Apple

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

5
Early Release
Choose from: a Chef Salad or a Bagel Fun Lunch served with Cucumber Wheels & Fresh Apple Slices

6
Hamburger or Cheeseburger with Baked Beans, Fresh Watermelon & Homemade **Chia Pudding** Coconut Milk, Chia Seeds, Real MA Maple Syrup & Vanilla

7
Homemade Beef Sloppy Joe *slow simmered ground beef in a tangy tomato & BBQ sauce* Nachos with Steamed Carrots & Fresh Strawberries

8
Stuffed Crust Cheese or Pepperoni Pizza with Classic Collard Greens & a Local New Salem Preserves Apple

Alternate Meals: Chef Salad with a Whole Wheat Roll or Bagel Fun Lunch (Whole Wheat Bagel with Cream Cheese & a Yogurt Cup)

11
Veteran's Day

12
Three Sister Soup
local butternut squash, corn & beans in savory chicken broth with a Toasted Three Cheese Sandwich & a Pear Cup

13
Personal Deep-Dish Cheese or Pepperoni Pizza with Tater Tots, Ketchup & Fresh Watermelon

14
Early Release
Choose from: a Ham & Cheese Sandwich or a Muffin Fun Lunch served with Cucumber Wheels & Fresh Apple Slices

15
Early Release
Choose from: a Ham & Cheese Sandwich or a Muffin Fun Lunch served with Cucumber Wheels & Fresh Apple Slices

Alternate Meals: Ham & Cheddar Cheese Sandwich on Whole Wheat or Muffin Fun Lunch (Whole Grain Muffin with an Upstate Farms Yogurt Cup)

18
Bison & Barley Soup
slow simmered ground bison, barley, & veggies in beef broth & Fresh Orange Smiles

19
Grilled BBQ Chicken Sandwich on a Whole Wheat Bun with **Corn** on the Cob & Fresh Apple Slices

20
Whole Wheat Rotini & Meatballs *whole wheat pasta with marinara sauce and 3 chicken meatballs* & Fresh Watermelon

21
Chicken Tenders & Wild Rice with Pinto Beans
2 whole grain breaded chicken tenders with wild rice & beans & Fresh Strawberries

22
Pepperoni or Cheese French Bread Pizza with Lemony Broccoli & a Local New Salem Preserves Apple

Alternate Meals: Egg Salad Sandwich on Whole Wheat or Cereal Fun Lunch (Cheerios with a Yogurt Cup)

25
Chicken & Broccoli Alfredo *whole wheat penne pasta in a homemade creamy alfredo sauce & steamed broccoli trees* with an Applesauce Cup

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 or Muffin Fun Lunch (Whole Grain Muffin with an Upstate Farms Yogurt Cup)

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