

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
 Southwest Seasoned Chicken with Mexi Rice & Vegetarian Beans
 Featuring Local Lettuce & Jalapeno Cornbread

Meals Available at our Hot Sandwich Station: Hamburger, Cheeseburger, or Chicken Filet on Whole Wheat Buns, Vegan Nuggets, or Mozzarella Sticks all served with Regular or Sweet Potato Fries

4
 Fluffy Scrambled Plain or Cheesy Eggs, Whole Wheat Pancakes & Roasted Potatoes
 Featuring MA. **Maple Syrup** & Cherries & Cream Cup

5
Early Release
 Ham & Cheese or Vegan Mezze Senator Snack Box both served with Craisins & Crunchy Chickpeas

6
 Homemade Chili in a Bread Bowl with Assorted Toppings
 Featuring Watermelon, & Homemade **Chia Pudding**

7
 Nashville-Style Hot Honey Chicken Sandwich on a Brioche Bun with Roasted Local Black Futsu Squash & Pickles
 Featuring **Homemade Slaw** & Fresh Strawberries

8
 Vegetarian or Chicken Tacos with Salsa, Sour Cream, Guacamole, Shredded Cheese, & Sofrito Seasoned Black Beans
 Featuring **Fresh Petite Bananas** & Local Lettuce

Meals Available at our Pizza Station: Homemade Cheese, Pepperoni, or Veggie Pizza prepared with Low-Fat Mozzarella cheese on Whole Wheat Crust

11
Veteran's Day

12
Three Sister Soup with Toasted Three Cheese Sandwich
 Featuring **Pesto Pasta Salad** & Fresh Cantaloupe & Honeydew Melon

13
 BBQ Chicken with Fresh Corn on the Cob & **Baked Pear & Wild Blueberry Crisp**
 Featuring **Carrot & Raisin Slaw** & Mandarin Oranges

14
 Local Roasted Spaghetti Squash Parmesan stuffed with Marinara Sauce, Melted Mozzarella, Fresh Basil & served with a Garlic Knot
 Featuring **Heirloom Tomato Salad** & Fresh Strawberries

15
 Build your own Ramen Noodle Bowl! Choose from Chicken, Tofu, Egg, Assorted Veggie Toppings & Sauces
 Featuring **Edamame** & Fresh Strawberries

Meals Available at our Snack Bar: Nachos & Cheese Sauce with Salsa & Guacamole or Whole Grain Bavarian Style Pretzels & Cheese Sauce with Hummus Dip

18
Bison & Barley Soup with a Whole Wheat Biscuit
 Featuring a **Cherry & Cheesecake Parfait** & Fresh Melon

19
 Teriyaki Chicken with Rice Pilaf & Ginger Soy Roasted Local Yokohama Squash
 Featuring **Fortune Cookies** & Mandarin Oranges

20
 Chicken Tikka Masala with Split Peas and Couscous
 Featuring **Cucumber Salad** & Fresh Pears

21
 Pork Chop topped with **Local Mushroom Gravy** with **Wild Rice & Pinto Beans**
 Featuring **Homemade Slaw** & Fresh Strawberries

22
MA Wild Caught Fish with **Roasted Acorn Squash Smiles**
 Featuring **Pesto Pasta Salad** & Heirloom Tomato Salad

Meals Available at our Grab-n-Go Station: Chef Salad or Chicken Ceasar Salads with Whole Wheat Rolls; Fruit, Yogurt & Granola Parfaits; Turkey or Ham Deli Sandwiches on Whole Wheat Bread

25
 Build your Own Mac & Cheese with Ham, Broccoli, or Buffalo Chicken
 Featuring **Three Sisters Salad** & Chocolate Brownie

26
 Roasted Turkey in Gravy with Mashed Potatoes, Stuffing, Roasted Carnival Squash
 Featuring **Whole Cranberry Sauce** & Local Cider

27
Early Release
 Ham & Cheese or Vegan Mezze Senator Snack Box both served with Craisins & Crunchy Chickpeas

28
Happy Thanksgiving!

29

Complete your Meal at our 5-A-Day Bar featuring: Lettuce, Carrots, Red & Green Peppers, Tomato, Cucumber, Cowboy Caviar, Sunflower Seeds, Slushy Cups, Fresh, Dried & Preserved Fruits

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