

Lunch

November is Native American Heritage Month!

NOVEMBER 2025 Ralph C. Mahar Regional School

[Ralph C. Mahar Regional & School Union 73 Website](#)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Check out this Video of the [Cranberry Day Harvest of the Mashpee Wampanoag Tribe](#) from the Smithsonian National Museum

Try out Regional Recipes & Videos from the [North American Traditional Indigenous Food Systems Project](#)

Learn about [The Three Sisters](#) – And be sure to try Corn, Beans, & Squash on this Month's Menu!



Meals Available at Burger Queen: Hamburger, Cheeseburger, Grilled Chicken Filet, or Veggie Burger all on Whole Wheat Buns with Baked Fries

3

Baked Potato Bar!

Pulled Pork, Cheese Sauce, Chili, Corn, Scallions, Bacon Bits, Diced Tomatoes, Sour Cream & WG Corn Bread
Featuring Hummus Dippers

4

Homemade Chicken Tortilla Soup served with Corn Tortilla Chips
Featuring Bistro Style Potato Salad & Local Apples

5

Chick-Fil-HeyO! Sandwich with Pickles, Shredded Lettuce, & Special Sauce on a Brioche Bun with Corn on the Cob
Featuring Arugula Lemon Pesto Pasta Salad & Fresh Melon

6

Chicken, Salmon, or Tofu Lo Mein made with WW Noodles & a Broccoli, Bamboo Shoot, Water Chestnut & Carrot Blend
Featuring a Cool Corn & Edamame Salad & Fresh Strawberries

7

Arroz Con Pollo
Slow Roasted Chicken & Rice with Flavorful Herbs & Spices, Peppers, Tomatoes & Peas
Featuring Mexican Slaw & Fresh Grapes

The Senator Sub Shop! A Build Your Own Deli Station on Assorted Whole Wheat Breads with Fresh Sliced Deli Meats, Cheeses, Toppings, and Sauces

10

Chicken & Waffles with Roasted Cinnamon Apples in Real Local Maple Syrup
Featuring Local Hot Apple Cider & a Kale, Apple & Cranberry Salad

11



Veterans Day

12

Pasta Bar!
Choose from Marinara, Pesto, or Alfredo Sauces with Chicken & Ratatouille
Featuring a Tomato & Fresh Basil Caprese Salad & Fresh Melon

13

General Tso's Chicken with Ginger & Scallion Rice & a Roasted Broccoli, Pepper & Carrot Blend
Featuring an Asian Rainbow Slaw & Fresh Strawberries

14

Homemade Turkey Chili in a Bread Bowl with Assorted Toppings like Scallions, Sour Cream & Cheddar Cheese
Featuring Cowboy Caviar & Fresh Grapes

Meals Available at our Grab-n-Go Station: Chef Salad or Chicken Caesar Salads with Whole Wheat Rolls; Fruit, Yogurt & Granola Parfaits; Senator Snack Boxes

17

Brunch for Lunch!

WW French Toast Sticks or WW Pancakes with Sausage or Scrambled Eggs, Seasoned Potatoes & Real Maple Syrup
Featuring Hummus Dippers

18

Homemade Butternut Squash & Wild Rice Soup with a Cheesy WG Bread Twist
Featuring a Spinach & Romaine Strawberry Summer Salad & Local Apples

19

Early Release
Deli Sandwiches, Chicken Caesar or Chef Salad & **Senator Snack Boxes** all served with Assorted Fruits & Veggies

20

Refreshing Acai Bowls!
Acai Puree decoratively topped with Granola, Fresh Kiwi, Berries, Banana, Chia & Sunflower Seeds
Featuring Veggie Pasta Salad & Fresh Clementines

21

Pork Carnitas Baja Bowl with Couscous, Sofrito Black Beans, Pico De Gallo & a Roasted Red Pepper Ranch Drizzle
Featuring Picante Corn Salsa & Fresh Grapes

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

24

Turkey Dinner!

in Gravy w/ Mashed Potatoes, Roasted Green Beans, WG Stuffing, Butternut Squash, Cinnamon Apple Crisp, & Whole Berry Cranberry Sauce

25

Lasagna Roll Up with a WG Garlic Knot & Roasted Garlic & Parmesan Broccoli Rabe
Featuring Hummus Dippers, Caesar Side Salad & Local Apples

26

Early Release
Deli Sandwiches, Chicken Caesar or Chef Salad & **Senator Snack Boxes** all served with Assorted Fruits & Veggies

27

Happy Thanksgiving!

28

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

- One Full Reimbursable Lunch is Free to Each Student •
- A La Carte Items will be charged accordingly •
- Menu is Subject to Change •
- This institution is an equal opportunity provider •

- A USDA Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables
- Assorted Condiments, Carroteenies, Skim White, Skim Chocolate, or 1% White Milk are Available Daily •
- Be Sure to Complete any Meal at our 5-A-Day Bar which features a Seasonal Assortment of Fresh Fruits & Veggies •
- Alternative Milk Choices such as Lactaid or 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 kbressani@rcmahar.org

Manage Your Student's Account Online www.MySchoolBucks.com