Lunch

November is Native American Heritage Month!
Look for Indigenous Ingredients in ***Bold*** *& marked with a Feather*

NOVEMBER 2026
Orange Elementary School

Ralph C. Mahar Regional & School Union 73 Website

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bone-In Herb Roasted Chicken with **Wild Rice**, Cheesy Green Peas, Cherry Tomato & **Corn** Salad with Mozzarella & Basil, Sliced Apple Cup & Fresh Melon	**3** Cheese Ravioli with Locally Made Pomodoro Sauce, WG Breadstick, Parm Cheese, Carroteenies, **Blueberry** & Cream Cup, & Local Heirloom Belle de Boskoop Apple	**4** Big Primo NY Style Cheese or Pepperoni Pizza with **Maple Green Beans**, Cucumber Wheels, Mixed Fruit Cup & Fresh Local Pear	**5** Hamburger or Cheeseburger on a WW Bun with Boston Baked Beans, Zesty 3 **Bean** Salad, Pear Cup & Fresh Grapes	**6** Chicken & Broccoli Alfredo Over Whole Wheat Pasta served with Chef's Choice of Assorted Fruits & Veggies
Alternate Meals: Vegetarian GF Cereal Fun Lunch, Vegan Sunbutter & Jelly Sandwich on WW, Ham & Cheese Otter Box				
9 Amazing Beef Lo Mein with Stir Fry Vegetables, Confetti **Corn** Salad, Sliced Apple Cup & Fresh Melon	**10** **Homemade Pumpkin Soup** served with Toasted **Pepitas**, a WG Breadstick, **Three Sisters Salad**, **Blueberry** & Cream Cup & a Local Heirloom Black Oxford Apple	**11**	**12** WG Tostitos Scoops with Seasoned Turkey, Sofrito Black **Beans**, Shredded Lettuce, Salsa, Guacamole, Pear Cup & Fresh Grapes	**13** **Maple** Soy Glazed North Atlantic **Salmon** over Brown Rice with Roasted Seasoned Baby Boy Choy and Chef's Choice of Assorted Fruits & Veggies
Alternate Meals: Vegetarian WG Apple Muffin Fun Lunch, Vegan Veggie Hoagie, Crispy Chicken Salad with a WW Croutons & WW Roll				
Jay's BBQ Day! **16** BBQ Pulled Pork Sandwich on a WW Bun with Roasted Chili Lime **Corn** on the Cob, **Jicama** Salad, Sliced Apple Cup & Fresh Melon	**17** **Homemade 3 Sisters Bison Chili** with Cornbread, Sweet Red Pepper Strips, **Blueberry** & Cream Cup & a Local Heirloom Northern Spy Apple	Early Release **18** *Choose from WG Bagel Fun Lunch, Tuna Salad Sandwich or Vegan Hummus Otter Box, all served with Assorted Fruits & Veggies*	Early Release **19** *Choose from WG Bagel Fun Lunch, Tuna Salad Sandwich or Vegan Hummus Otter Box, all served with Assorted Fruits & Veggies*	Early Release **20** *Choose from WG Bagel Fun Lunch, Tuna Salad Sandwich or Vegan Hummus Otter Box, all served with Assorted Fruits & Veggies*
Alternate Meals: Vegetarian WG Bagel Fun Lunch, Tuna Salad Sandwich on WW with Lettuce, or Vegan Hummus Otter Box				
23 Chipotle Black Bean Burger with Boom Boom Sauce on a WW Bun served with Tater Tots, **Jicama** Salad, Sliced Apple Cup & Fresh Melon	Turkey Dinner! **24** with Gravy, Local **Butternut Squash**, Mashed Potatoes, WG Stuffing & Homemade Apple WG Cobbler & Whole Berry **Cranberry** Sauce	Early Release **25** *Choose from GF Cereal Fun Lunch, Vegan Sunbutter & Jelly Sandwich or Chef Salad, all served with Assorted Fruits & Veggies*	Happy Thanksgiving! **26**	**27**
Alternate Meals: GF Cereal Fun Lunch, Vegan Sunbutter & Jelly Sandwich, or Chef Salad w/ a WW Roll				
30 BBQ Grilled Chicken Filet Sandwich on a WW Bun served with Seasoned Baked Fries, Picante **Corn** Salsa, Sliced Apple Cup & Fresh Melon				

Check out this Video of the Cranberry Day Harvest of the Mash-pee 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!

One Full Reimbursable Lunch is Free to Each Student
A La Carte Items will be charged accordingly
Menu is Subject to Change
Manage Your Student's Account Online www.MySchoolBucks.com
This institution is an equal opportunity provider

A USDA K-8 Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Veggies
Assorted Condiments, Carroteenies, 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
If you have questions or would like additional information, please contact kbressani@rcmahar.org, please contact kbressani@rcmahar.org