

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

NOVEMBER 2026

Petersham Center School

Monday

Bone-In Herb Roasted Chicken with **Wild Rice**, Cheesy Green Peas, Cherry Tomato & **Corn** Salad with Mozzarella & Basil, Sliced Apple Cup & Fresh Melon

Tuesday

Cheese Ravioli with Locally Made Pomodoro Sauce, WG Breadstick, Parm Cheese, Carroteenies, **Blueberry** & Cream Cup, & Local Heirloom Belle de Boskoop Apple

Wednesday

Big Primo NY Style Cheese or Pepperoni Pizza with **Maple Green Beans**, Cucumber Wheels, Mixed Fruit Cup & Fresh Local Pear

Thursday

Hamburger or Cheeseburger on a WW Bun with Boston Baked Beans, Zesty 3 **Bean** Salad, Pear Cup & Fresh Grapes

Friday

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 Fox Box

Amazing Beef Lo Mein with Stir Fry Vegetables, Confetti **Corn** Salad, Sliced Apple Cup & Fresh Melon

Homemade Pumpkin Soup served with Toasted **Pepitas**, a WG Breadstick, **Three Sisters Salad**, **Blueberry** & Cream Cup & a Local Heirloom Black Oxford Apple



Early Release
Choose from WG Muffin Fun Lunch, Vegan Veggie Hoagie or Crispy Chicken Salad, all served with Assorted Fruits & Veggies

No School – Conferences



Alternate Meals: Vegetarian WG Apple Muffin Fun Lunch, Vegan Veggie Hoagie, Crispy Chicken Salad with a WW Croutons & WW Roll

Jay's BBQ Day!
BBQ Pulled Pork Sandwich on a WW Bun with Roasted Chili Lime **Corn** on the Cob, **Jicama** Salad, Sliced Apple Cup & Fresh Melon

Homemade 3 Sisters Bison Chili with Cornbread, Sweet Red Pepper Strips, **Blueberry** & Cream Cup & a Local Heirloom Northern Spy Apple

Early Release
Choose from WG Bagel Fun Lunch, Tuna Salad Sandwich or Vegan Hummus Fox Box, all served with Assorted Fruits & Veggies

3 Chicken & Vegetable Dumplings with a WG Veggie Egg Roll, Roasted Edamame, Crunchy Celery Sticks, Pear Cup & Fresh Grapes

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 Bagel Fun Lunch, Tuna Salad Sandwich on WW with Lettuce, or Vegan Hummus Fox Box

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!
with Gravy, Local **Butternut Squash**, Mashed Potatoes, WG Stuffing & Homemade Apple WG Cobbler & Whole Berry **Cranberry** Sauce

Early Release
Choose from GF Cereal Fun Lunch, Vegan Sunbutter & Jelly Sandwich or Chef Salad, all served with Assorted Fruits & Veggies

Happy Thanksgiving!

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!

Alternate Meals: GF Cereal Fun Lunch, Vegan Sunbutter & Jelly Sandwich, or Chef Salad w/ a WW Roll

BBQ Grilled Chicken Filet Sandwich on a WW Bun served with Seasoned Baked Fries, Picante **Corn** Salsa, Sliced Apple Cup & Fresh Melon

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