

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

NOVEMBER 2026

Ralph C. Mahar Regional School

Ralph C. Mahar Regional & School Union 73 Website

Monday

3 Chicken & Veggie Dumplings with 1 WG Veggie Egg Roll & **Maple Green Beans**

H.S. Feature: Local Dumpling Daughter Sauces

Tuesday

Taco Tuesday!

Local Mi Tierra **Corn Tortilla** with Chicken or Turkey, Beans, **Corn** Cheese, Salsa, Guacamole, Sour Cream & Lettuce

H.S. Feature: Fresh Pico De Gallo

Wednesday

Brunch for Lunch!

WG Pancakes, French Toast, or Waffles w/ Scrambled Eggs or Chicken Sausage, Plantains & **Local MA Maple Syrup**

H.S. Feature: Local Hot Cider

Thursday

Sweet Thai Chili Bone-in Chicken with Pad Thai Style Veggies & WG Noodles

H.S. Feature: Cool Corn & Edamame Salad

Friday

Student Request! Toasted 3 Cheese Sandwich on WW Bread with Tomato Soup

H.S. Feature: Caesar Salad & **Wild Blueberry** & Cream Cup

Grab-N-Go Meals Available Daily: Chef Salad or Chicken Caesar Salad with Whole Wheat Rolls / Fruit, Yogurt & Granola Parfait / Vegan Senator Snack Box

Mini Baked Meatloaf's with Mashed Potatoes & a Fresh Baked WW Garlic Knot

H.S. Feature: Classic Cole Slaw & Whole Berry **Cranberry** Sauce

Chicken Tikka Masala made with Chicken Thighs & a Local Tikka Masala Sauce over Curried Rice with a WG Pita & Turmeric Zucchini

H.S. Feature: **Wild Blueberry** & Cream Cup



Veterans Day

Pasta Bar! Choose from Marinara, Pesto, or Alfredo Sauces & Meatballs over WW Pasta with Ratatouille

H.S. Feature: Italian Marinated Local Mushroom Salad

Homemade Pumpkin Soup served with Toasted **Pepitas** and a Fresh Baked WG Garlic Breadstick

H.S. Feature: **Three Sisters** Salad

Snack Shack Meals Available Daily: WG Nachos w/ Cheese Sauce, Salsa & Guacamole / WG Mozzarella Sticks w/ Marinara Sauce

Chicken & Waffles!

Crispy Chicken Drumstick with a WG Belian Waffle, Baked Apples & Cinnamon & Local **Maple Syrup**

H.S. Feature: **Jicama** Salad

Build-A-Ramen Noodle Bowl!

Local Miso Broth, Chicken, Egg, Edamame, Bok Choy, Mushrooms, Fresh Herbs, Scallions, or Carrot

H.S. Feature: Local Dumpling Daughter Sauces

Maple Soy Glazed North Atlantic **Salmon** over **Wild Rice** with Roasted Local **Acorn Squash** Smiles

H.S. Feature: **Chia** Vanilla Pudding

Refreshing Acai Bowls!

Acai & Coconut Milk Puree, Fresh Kiwi, Berries, Pineapple, Granola, **Chia**, **Sunflower Seeds**, **Pepitas**, Banana, Honey & Sunbutter

H.S. Feature: Wheatberry Salad

Homemade 3 Sisters **Bison Chili** with Fresh Baked Cornbread

H.S. Feature: **Quinoa with Sumac** & **Bell Peppers**

Burger Queen Meals: Mon. - Hamburger/Cheeseburger / Tue. - Chicken & Cheese Quesadilla / Wed. - Chipotle Black Bean Burger / Thur. - Sloppy Joe / Fri. - Fish Sticks

Thanksgiving Game Day Buffalo Chicken Dip served with Whole Grain Tortilla Chips, Carrot & Celery Sticks

H.S. Feature: **Wild Blueberry** & Cream Cup

Turkey Dinner! Tender Turkey Medallions with Gravy, Local **Butternut Squash**, Mashed Potatoes, WG Stuffing & Homemade **Wild Blueberry** Crisp & Whole Berry **Cranberry** Sauce

Early Release Deli Sandwich, Chicken Caesar Salad w/ WW Roll, Yogurt & Granola Parfait, or **Senator Snack Box** all with Carroteenies, Fresh Apple, 100% Fruit Juice & Skim/1% Milk

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!

Pizza Dojo Meals Available Daily: Homemade Cheese, Pepperoni or Veggie Pizza on WW Crust

Nashville Hot Honey Crispy Chicken Sandwich on a WW Brioche Bun with Pickles, Shredded Lettuce & Slow Roasted Local Rainbow Swiss Chard

H.S. Feature: Classic Potato Salad

Senator Sub Shop Meals Available Daily: B.Y.O. Sandwich – Choose from Ham, Turkey, Roast Beef, or Chicken, Assorted Cheeses, Veggies & Sauces on a WW Wrap or Roll

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 6-8 Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Veggies Assorted Condiments, Skim White, Skim Chocolate, or 1% White Milk are Available Daily. Be sure to complete your meal at our Unlimited Salad Bar!

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