

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!



3

Chicken Fajitas
with Peppers & Onions in a
Whole Wheat Tortilla
served with Salsa &
a Strawberry Slushy Cup

4

Chicken Tenders
with BBQ or Sweet & Sour
Dipping Sauce,
Roasted Butternut Squash
& Fresh Watermelon Wedges

5

6 Chicken & Vegetable
Dumplings with Teriyaki Dipping
Sauce, Fresh Roasted Garlicky
Green Beans & Fresh Pears

6

Hamburger or Cheeseburger
on a Whole Wheat Bun
with Leaf Lettuce & a Tomato
Slice, served with Ketchup,
Vegetarian Baked Beans
& a Pear Cup

7

WW Stuffed Crust Cheese or
Pepperoni Pizza Slice served
with Sauteed Rainbow Swiss
Chard & Chef's Choice of
Assorted Fresh Fruit

Alternate Meals: BBQ Chicken Salad Sandwich with Lettuce & Tomato on Multigrain Bread or WW Bagel Fun Lunch (2oz. Bagel & 4 oz. Danimal Yogurt)

10

Crispy Chicken Drumstick
served with BBQ Sauce or
Ketchup, Roasted Seasoned
Potatoes & Fresh Orange
Wedges

11



Veterans Day

12

Pepperoni or Cheese Whole
Wheat French Bread Pizza
served with
Baked Sweet Potato Fries
& Fresh Apples

13

Early Release
Turkey Deli Sub or Muffin Fun
Lunch, all served with Hummus,
Cucumber, Broccoli, or Carrot
Dippers & Assorted Fruits

14

Early Release
Turkey Deli Sub or Muffin Fun
Lunch, all served with Hummus,
Cucumber, Broccoli, or Carrot
Dippers & Assorted Fruits

Alternate Meals: "South Madison" Turkey Deli Sub on Whole Wheat or WW Muffin Fun Lunch (2 oz. WW Muffin & Danimal Yogurt)

17

Brunch for Lunch!
1 Whole Wheat Pancakes with
Scrambled Eggs, Local Maple
Syrup, Roasted Potatoes,
Ketchup & Applesauce Cup

18

Homemade
Chicken Tortilla
Soup served
with Tortilla Chips
& Fresh Melon



19

Early Release
Chicken Caesar Salad or
Cereal Fun Lunch
all served with Assorted
Fruits & Veggies

20

Turkey Taco Bowl with Cilantro
Lime Rice, Cheddar Cheese,
Black Beans, Corn Salsa, Sour
Cream & Pear Cup

21

NY Style Cheese or Pepperoni
Pizza on WW Crust served with
Maple Butter Roasted Endive
& Chef's Choice of
Assorted Fresh Fruit

Alternate Meals: Chicken Caesar Salad w/ a WW Dinner Roll or GF WG Cheerio Cereal Fun Lunch (1 oz. Cereal & 4 oz. Danimal Yogurt)

24

Turkey Dinner!
in Gravy with Mashed
Potatoes, WG Stuffing,
Roasted Butternut Squash &
Cinnamon Apple Crisp

25

Whole Grain Cheesy Stuffed
Pizza Stick served with Marinara
Dipping Sauce, Baked Sweet
Potato Fries, Ketchup & Peach
Cup

26

Early Release
Ham & Cheese Otter Box (ham,
American cheese, fresh veggie,
fresh fruit & a whole grain
cracker) or Bagel Fun Lunch with
Assorted Fruits & Veggies

27

**Happy
Thanksgiving!**

28

Alternate Meals: Ham & Cheese Otter Box or WW Bagel Fun Lunch (2oz. Bagel & 4 oz. Danimal Yogurt)

- 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 •

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- A USDA Pre-K Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruit & Vegetable
- 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 •
- If you have any questions or would like additional information regarding this menu, please contact kbressani@rcmahar.org