Pre-K 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 4 Crispy Pollock Fish Sticks with Tartar Sauce or Ketchup, **Wild Rice**, Cheesy Green Peas & Fresh Melon	**3** 5 Cheese Ravioli with Locally Made Pomodoro Sauce, a Half a WG Breadstick & a **Blueberry** & Cream Cup	**4** Half Day *Choose from Cereal Fun Lunch or Ham & Cheese Otter Box all served with Assorted Fruits & Veggies*	**5** Hamburger or Cheeseburger on a WW Bun with Ketchup, Mayo or Mustard, Boston Baked Beans & a Pear Cup	**6** Diced Chicken & Broccoli Alfredo over Whole Wheat Pasta & Chef's Choice of Fruit
Alternate Meals: Vegetarian GF Cereal Fun Lunch or Ham & Cheese Otter Box				
9 Amazing Beef Lo Mein! Whole Grain Ramen Noodles, Ground Beef, Broccoli & Carrots in a Garlic Teriyaki Sauce served with a Sliced Apple Cup	**10** **Homemade Pumpkin Soup** topped with Melted Cheddar Cheese, a Whole Grain Garlic Breadstick & a **Blueberry** & Cream Cup	**11**	**12** WG Tostitos Scoops with Seasoned Turkey, Sofrito Black **Beans**, Shredded Lettuce & a Pear Cup	**13** **Maple** Soy Glazed North Atlantic **Salmon** over Brown Rice with Roasted Seasoned Baby Boy Choy & Chef's Choice of Fruit
Alternate Meals: Vegetarian WG Apple Muffin Fun Lunch or Crispy Chicken Salad with a WW Croutons & WW Roll				
16 Jay's BBQ Day! BBQ Pulled Pork Sandwich on a Whole Wheat Bun with Roasted Chili Lime **Corn** on the Cob & Fresh Melon	**17** **Homemade 3 Sisters Bison Chili** with Cornbread, a Butter Pat & a **Blueberry** & Cream Cup	**18** Early Release *Choose from WG Bagel Fun Lunch or Tuna Salad Sandwich all served with Assorted Fruits & Veggies*	**19** Early Release *Choose from WG Bagel Fun Lunch or Tuna Salad Sandwich all served with Assorted Fruits & Veggies*	**20** Early Release *Choose from WG Bagel Fun Lunch or Tuna Salad Sandwich all served with Assorted Fruits & Veggies*
Alternate Meals: Vegetarian WG Bagel Fun Lunch or Tuna Salad Sandwich on WW with Lettuce				
23 Chipotle Black Bean Burger with Boom Boom Sauce on a Whole Wheat Bun served with Tater Tots, Ketchup & a Sliced Apple Cup	**24** Turkey Dinner! with Gravy, Local **Butternut Squash**, Mashed Potatoes, WG Stuffing & Homemade Whole Oat Apple Cobbler	**25** Early Release *Choose from Cereal Fun Lunch or Chef Salad all served with Assorted Fruits & Veggies*	**26** Happy Thanksgiving!	**27**
Alternate Meals: GF Cereal Fun Lunch or Chef Salad w/ a WW Roll				
30 BBQ Grilled Chicken Filet Sandwich on a Whole Wheat Bun served with Seasoned Baked Fries, Ketchup, & a Sliced Apple Cup				

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 Reimbursable Pre-K Lunch is …
6 fl. Oz Fat Free or Unflavored 1% Milk, ½ cup Fruit or Vegetable, ½ oz. eq. Whole Grain & 1 ½ oz. eq. Meat/Meat Alternate
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 questions or would like additional information, please contact kbressani@rcmahar.org, please contact kbressani@rcmahar.org