

Lunch

November is Native American Heritage Month!

NOVEMBER 2025 Petersham Center School

Ralph C. Mahar Regional & School Union 73 Website

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!

CENTRAL
MASS
GROWN

3

Chicken Fajitas with Peppers & Onions in a Whole Wheat Tortilla served with Corn on the Cob, Bistro-Style Potato Salad, Strawberry Slushy Cup & Fresh Grapes

4

Chicken Tenders with Assorted Dipping Sauces, Roasted Butternut Squash, Sweet Red Pepper Strips, Mixed Berry Slushy Cup & Fresh Watermelon Wedges

5

Sweet & Sloppy Joes on a Whole Wheat Bun with Fresh Roasted Garlicky Green Beans, Cucumber Wheels, Mixed Fruit Cup & Fresh Pears

6

Hamburger or Cheeseburger on a WW Bun with Lettuce & Tomato, Vegetarian Baked Beans, Zesty 3 Bean Salad, Pickles, Pear Cup & Fresh Grapes

7

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

Alternate Meals: BBQ Chicken Salad Sandwich with Lettuce & Tomato on Multigrain Bread, WW Bagel Fun Lunch or Vegan 3 Sisters Salad with Corn Tortilla Chips

10

Crispy Chicken Drumstick served with a WG Mini Flatbread, Roasted Seasoned Potatoes, Tex-Mex Corn Salad, Applesauce Cup & Orange Wedges

11



Veterans Day

12

Pepperoni or Cheese WW French Bread Pizza served with Baked Sweet Potato Fries, Mixed Fruit Cup & Fresh Apples

13

Early Release
"South Madison" Turkey Sub, Muffin Fun Lunch, or Sunbutter & Pretzel Fox Box all served with Assorted Fruits & Veggies with Hummus Dip

14

No School for Parent Conferences

Alternate Meals: "South Madison" Turkey Deli Sub on Whole Wheat, Muffin Fun Lunch or Sunbutter & Pretzel Fox Box

17

Brunch for Lunch!
WW Pancakes with Local Maple Syrup, Fluffy Scrambled Eggs, Roasted Potatoes, Corn Salad, Applesauce Cup & Orange Wedges

18

Homemade Chicken Tortilla Soup served with Corn Tortilla Chips, Sweet Red Pepper Strips, Peach Cup & Fresh Melon

19

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

20

Turkey Taco Bowl with Cilantro Lime Rice, Cheddar Cheese, Black Beans, Corn Salsa, Pico de Gallo, Sour Cream, Pear Cup & Fresh Grapes

21

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

Alternate Meals: Sunbutter & Jelly Sandwich on Whole Wheat, GF Cheerio Cereal Fun Lunch or Chicken Caesar Salad w/ a WW Dinner Roll

24

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

25

WW Cheesy Stuffed Pizza Stick & Marinara Dipping Sauce served with Baked Sweet Potato Fries, Carrots, Peach Cup & Fresh Melon

26

Early Release
Turkey Cranberry Wrap, Bagel Fun Lunch, or Ham & Cheese Fox Box all served with Assorted Fruits & Veggies

27

Happy Thanksgiving!

28

Alternate Meals: Turkey with Lettuce & Cranberry Spread in a Whole Wheat Wrap, WW Bagel Fun Lunch or Ham & Cheese Fox Box

- 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 •

- A USDA K-8 Reimbursable Lunch Includes...1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables
 - Assorted Condiments, Carroteenies, Skim White, Skim Chocolate, or 1% White Milk are Available Daily •
 - Be Sure to Complete any Meal at our 5-A-Day Bar which features a Seasonal Assortment of Fresh Fruits & Veggies •
 - 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

Manage Your Student's Account Online www.MySchoolBucks.com