



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

2
BBQ Chicken with Seasoned Roasted Potatoes & Cornbread
Featuring Cheesecake & Fresh Plums

3
Roasted Turkey in Gravy with Mashed Potatoes & Local Cranberry Stuffing
Featuring Whole Cranberry Sauce & Local Apples

4
Spicy Sweet Potato Enchiladas with Sweet Roasted Plantains
Featuring Watermelon & Homemade Pico De Gallo

5
Vegan Chana Masala with Mumbai Rice and Cucumber Raita
Featuring Fresh Strawberries & Homemade Potato Salad

6
Mini Beef Meatloaf's with Mashed Potatoes
Featuring Whole Grain Frosted Yellow Cake & Fresh Melon

Meals Available at our Hot Sandwich Station: Hamburger, Cheeseburger, or Chicken Filet on WW Buns, Vegan Nuggets, or Mozzarella Sticks all served with Regular or Sweet Potato Fries

9
Chicken & Vegetable Dumplings with a Stir-Fried Teriyaki Vegetable Medley
Featuring a Fortune Cookie & Mandarin Oranges

10
Chick-Fil-HeyO! Sandwich with Pickles, Shredded Lettuce, & Sauce on a Brioche Bun with Steamed Carrots
Featuring Homemade Cole Slaw & Local Apples

11
Pasta Bar! Choose from Marinara, Pesto, or Alfredo Sauces with Meatballs
Featuring Heirloom Tomato Salad & Fresh Strawberries

12
Sweet & Sour Chicken with Pineapple & Scallion Rice and Roasted Green Beans
Featuring Blueberries & Cream Cup & Pesto Pasta Salad

13
Homemade Clam Chowder, made with MA Caught Clams, served in a Bread Bowl
Featuring Fresh Watermelon & Three Sisters Side Salad

Meals Available at our Pizza Station: Homemade Cheese, Pepperoni, or Veggie Pizza prepared with Low-Fat Mozzarella cheese on Whole Wheat Crust

16
Chicken Fajitas with Peppers & Onions, Fiesta Corn, Seasoned Slow Cooked Black Beans, Salsa & Sour Cream
Featuring Guacamole & Local Apples

17
Loaded Tater Tots! Topped with Cheese Sauce, Bacon Bits, Taco Seasoned Turkey, Scallions, & Diced Tomatoes
Featuring Zesty 3 Bean Salad & Orange Wedges

18
Early Release
Ham & Cheese or Yogurt & Granola **Senator Snack Box**
both served with Craisins & Half-Popped Popcorn

19
Holiday Dinner! Slow Roasted Roast Beef w/ Au Jus, Horseradish Cream, Mashed Sweet Potatoes, Roasted Green Beans, & a WW Dinner Roll
Featuring Apple Honey Crisp

20
Early Release
Ham & Cheese or Yogurt & Granola **Senator Snack Box**
both served with Craisins & Crunchy Chickpeas

Meals Available at our Snack Bar: Nachos & Cheese Sauce with Salsa & Guacamole or Whole Grain Baked Goods, Bavarian Style Pretzels & Cheese Sauce with Hummus Dip

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Complete your Meal at our 5-A-Day Bar featuring: Lettuce, Carrots, Red & Green Peppers, Tomato, Cucumber, Cowboy Caviar, Sunflower Seeds, Slushy Cups, Fresh, Dried & Preserved Fruits

30

31

One Full Reimbursable Lunch is Free to Each Student - A La Carte Items will be charged accordingly
If you have any questions or would like additional information regarding this menu, please contact your food service director at kbressani@rcmahar.org - This institution is an equal opportunity provider.
Manage Your Student's Account Online - Make Prepayments - View Transaction History - View Account Balance - Visit www.MySchoolBucks.com

A USDA Reimbursable Lunch Includes.... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables
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