

# Summer Eats!

Adults! Bring your Kids & Teens to their Breakfast or Lunch on Fridays and Eat for Free with them!

## JULY 2025 Breakfast Menu

Ralph C. Mahar Regional & School Union 73

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



#### Breakfast Times & Locations:

Petersham Center School: 8:00 a.m. – 9:00 a.m.  
Fisher Hill Elementary School: 8:00 a.m. – 9:00 a.m.  
Ralph C. Mahar Regional School: 8:00 a.m. – 9:00 a.m.

#### Lunch Times & Locations:

Petersham Center School: 11:00 a.m. – 12:00 p.m.  
Fisher Hill Elementary School: 12:00 p.m. – 1:00 p.m.  
Ralph C. Mahar Regional School: 12:00 p.m. – 1:00 p.m.

7

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Wheat Bagel, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

8

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Muffin, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

9

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Frudel, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

10

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Super Slice, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

11

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Breakfast Bar, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

14

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Mini Cinnamon Crumb Cake, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

15

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Mini Donut Pack, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

16

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Cinnamon Swirl, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

17

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Wheat Bagel with Cream Cheese, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

18

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Muffin, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

21

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Frudel, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

22

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Super Slice, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

23

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Breakfast Bar, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

24

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Mini Cinnamon Crumb Cake, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

25

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Mini Donut Pack, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

28

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Cinnamon Swirl Bun, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

29

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Muffin, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

30

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Frudel, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

31

Assorted Whole Grain Reduced Sugar 1 oz. Cereal Bowl  
or  
a Whole Grain Super Slice, all with 100% Fruit Juice, Fresh Apple Slices or a Petite Banana

**One Full Reimbursable Breakfast is Free to Kids & Teens ages 0-18**

If you have any questions, or would like additional information regarding this menu, please contact your Food Service Director at [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)

**This institution is an equal opportunity provider.**

**A USDA SFSP Reimbursable Breakfast Includes.... 1 cup of Skim or 1% White Milk, a Whole Grain Item, and ½ cup portions of Fruits & Vegetables. Pick at Least 3 for a Complete Meal!**

Assorted Condiments, Skim Milk, or 1% White Milk are Available Daily.  
Alternative Milk Choices, such as Lactaid or Soy Milk, are available with a documented dietary need.