

Breakfast in the Classroom

NOVEMBER 2024  
Fisher Hill

Ralph C. Mahar Regional &  
School Union 73

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4

Whole Grain Breakfast Bar served with Low-Fat Mozzarella String Cheese, Fresh Apple Slices, 100% Fruit Juice, & Fat-Free or 1% White Milk

5

Reduced Sugar, Whole Grain Trix Cereal served with Raisins, an Applesauce Cup, & Fat-Free or 1% White Milk

6

Whole Wheat Belgian Style Sweet Cinnamon Waffle served with a Fresh Banana, a 100% Fruit Slushy Cup, & Fat-Free or 1% White Milk

7

Reduced Sugar, Whole Grain Cocoa Puff Cereal served with a Pear Cup, Craisins, & Fat-Free or 1% White Milk

8

Whole Grain Cinnamon Crumb Cake served with 100% Fruit Juice, Fresh Apple Slices, & Fat-Free or 1% White Milk

11

*Veteran's Day*



12

Strawberry Banana Smoothie served with Whole Grain Graham Crackers, Raisins, & Fat-Free or 1% White Milk

13

Reduced Sugar, Whole Grain GF Blueberry Chex Cereal served with Raisins, a 100% Fruit Slushy Cup & Fat-Free or 1% White Milk

14

Whole Wheat Eggo Mini French Toast Bites served with 100% Fruit Juice, a Mixed Fruit Cup, & Fat-Free or 1% White Milk

15

Reduced Sugar, Whole Grain Lucky Charms Cereal served with Fresh Apple Slices, Craisins, & Fat-Free or 1% White Milk

18

Reduced Sugar, Whole Grain Honey Bunches of Oats Cereal served with Fresh Apple Slices, Dried Fruit Mix, & Fat-Free or 1% White Milk

19

Whole Grain Cinnamon Swirl Bun, served with 100 % Fruit Juice, Raisins, & Fat-Free or 1% White Milk

20

Reduced Sugar, Whole Grain Kix Cereal served with a Fresh Banana, Craisins, & Fat-Free or 1% White Milk

21

Homemade Massachusetts Grown Cranberry Muffin served with 100% Fruit Juice, a Pineapple Cup, & Fat-Free or 1% White Milk

**It's National Cranberry Day!**

22

Whole Wheat Belgian Style Buttery Maple Waffle served with 100% Fruit Juice, Fresh Apple Slices & Fat-Free or 1% White Milk

25

Reduced Sugar, Whole Grain Frosted Flakes Cereal, served with Fresh Apple Slices, 100% Fruit Juice, & Fat-Free or 1% White Milk

26

Whole Wheat Eggo Pancakes, served with a Fresh Banana, 100% Fruit Juice, & Fat-Free or 1% White Milk

27

Reduced Sugar, Whole Grain GF Cinnamon Chex Cereal, served with Craisins a 100% Fruit Slushy Cup & Fat-Free or 1% White Milk

28

*Happy Thanksgiving!*



29



A USDA K-8 Reimbursable Breakfast Includes... 1 Skim or 1% White Milk, Fruit, & a Whole Grain Breakfast Item

Alternative Milk Choices such as Lactaid and 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 your food service director at kbressani@rcmahar.org

One Full Reimbursable Breakfast is Free to Each Student

Manage Your Student's Account Online - Make Prepayments - View Transaction History - View Account Balance - Visit [www.MySchoolBucks.com](http://www.MySchoolBucks.com)

This institution is an equal opportunity provider.