

Breakfast in the Classroom

NOVEMBER 2024 Fisher Hill Pre-K

Ralph C. Mahar Regional &
School Union 73

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4

Whole Grain Breakfast Bar served with a 100% Fruit Slushy Cup

Fat-Free or 1% White Milk

5

Reduced Sugar, Whole Grain Kix Cereal served with an Applesauce Cup

Fat-Free or 1% White Milk

6

Whole Wheat Belgian Style Sweet Cinnamon Waffle served with a Fresh Petite Banana

Fat-Free or 1% White Milk

7

GF Cheerios Cereal served with a Pear Cup

Fat-Free or 1% White Milk

1

GF Cheerios Cereal served with 100% Fruit Juice

Fat-Free or 1% White Milk

8

Whole Grain Graham Crackers served with Fresh Apple Slices

Fat-Free or 1% White Milk

11

Veteran's Day



12

Strawberry Banana Smoothie served with Whole Grain Graham Crackers

Fat-Free or 1% White Milk

13

Reduced Sugar, Whole Grain GF Blueberry Chex Cereal served with a Fresh Petite Banana

Fat-Free or 1% White Milk

14

Whole Wheat Eggo Mini French Toast Bites served with 100% Fruit Juice

Fat-Free or 1% White Milk

15

GF Cheerios Cereal served with Fresh Apple Slices

Fat-Free or 1% White Milk

18

Reduced Sugar, Whole Grain Honey Bunches of Oats Cereal served with Fresh Apple Slices

Fat-Free or 1% White Milk

19

Whole Grain Graham Crackers served with 100 % Fruit Juice

Fat-Free or 1% White Milk

20

Reduced Sugar, Whole Grain Kix Cereal served with a Fresh Banana

Fat-Free or 1% White Milk

21

Homemade Massachusetts Grown Cranberry Muffin served with a Pineapple Cup

Fat-Free or 1% White Milk

It's National Cranberry Day!

22

Whole Wheat Belgian Style Buttery Maple Waffle served with Fresh Apple Slices

Fat-Free or 1% White Milk

25

GF Cheerios Cereal served with Fresh Apple Slices

Fat-Free or 1% White Milk

26

Whole Wheat Eggo Pancakes, served with a Fresh Banana

Fat-Free or 1% White Milk

27

Reduced Sugar, Whole Grain GF Cinnamon Chex Cereal, served with 100% Fruit Slushy Cup

Fat-Free or 1% White Milk

28

Happy Thanksgiving!



29



A USDA Pre-K Reimbursable Breakfast Includes: 1 Skim or 1% White Milk, ½ cup of Fruit, & a Whole Grain Breakfast Item OR a Plant/Animal Based Protein

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

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