

# Breakfast

**It's National Egg Month!**  
Eggs are an excellent source of protein that helps to power your body & brain through the day! Be sure to stop in for breakfast & choose eggs

**MAY 2025**  
**Petersham Center School**

**Ralph C. Mahar Regional & School Union 73**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## SCHOOL LUNCH HERO DAY



**5**

WG Breakfast Bar or WG Pop-Tart with String Cheese or Assorted WG Cereals with Goldfish, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**6**

Ham & Cheese Croissantwich or WG Belgian Waffle or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**7**

Breakfast Fried Rice or WG Super Slice Breakfast Bread or Assorted WG Cereals with Cheez Itz, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**8**

Egg & Cheese Sandwich on a WW Biscuit or WW Bagel & Cream Cheese or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**9**

Assorted Quaker Oatmeal or WG Pop-Tart with a Yogurt or Assorted WG Cereals with Pretzels, Fresh Apple Slices, Petite Banana, Mandarin Orange & 100% Fruit Juice

**12**

WG Breakfast Bar or WG Pop-Tart with String Cheese or Assorted WG Cereals with Goldfish, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**13**

Cinnamon & Sugar Monte Cristo Biscuit or WG Belgian Waffle or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**14**

Breakfast Burrito or WG Super Slice Breakfast Bread or Assorted WG Cereals with Cheez Itz, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**15**

Sausage, Egg & Cheese Sandwich on a WW Biscuit or WW Bagel & Cream Cheese or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**16**

Assorted Quaker Oatmeal or WG Pop-Tart with a Yogurt or Assorted WG Cereals with Pretzels, Fresh Apple Slices, Petite Banana, Mandarin Orange & 100% Fruit Juice

**19**

WG Breakfast Bar or WG Pop-Tart with String Cheese or Assorted WG Cereals with Goldfish, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**20**

Ham & Cheese Croissantwich or WG Belgian Waffle or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**21**

Lumberjack Breakfast Biscuits or WG Super Slice Breakfast Bread or Assorted WG Cereals with Cheez Itz, Fresh Apple Slices, Petite Banana, Mandarin Orange & 100% Fruit Juice

**22**

Egg & Cheese Sandwich on a WW Biscuit or WW Bagel & Cream Cheese or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**23**

Assorted Quaker Oatmeal or WG Pop-Tart with a Yogurt or Assorted WG Cereals with Pretzels, Fresh Apple Slices, Petite Banana, Mandarin Orange & 100% Fruit Juice

**26**



**27**

Cinnamon & Sugar Monte Cristo Biscuit or WG Belgian Waffle or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**28**

Breakfast Tacos or WG Super Slice Breakfast Bread or Assorted WG Cereals with Cheez Itz, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**29**

Sausage, Egg & Cheese Sandwich on a WW Biscuit or WW Bagel & Cream Cheese or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Banana, Mandarin Orange & 100% Fruit Juice

**30**

Assorted Quaker Oatmeal or WG Pop-Tart with a Yogurt or Assorted WG Cereals with Pretzels, Fresh Apple Slices, Petite Banana, Mandarin Orange & 100% Fruit Juice



**A USDA K-8 Reimbursable Breakfast Includes...**

**1 Skim or 1% White Milk, Fruit, & a Whole Grain Breakfast Item**

*Assorted Condiments, Skim Milk, or 1% White Milk are Available Daily*

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

**One Full Reimbursable Breakfast is Free to Each Student – Breakfast is Available until 10:00 a.m.**

Alternative Milk Choices, such as Lactaid or Soy Milk, are available 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](mailto:kbressani@rcmahar.org)

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