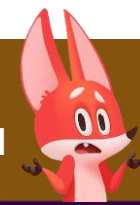


# Breakfast

The Massachusetts  
Harvest of Month  
Feature is Pears!



## OCTOBER 2025 Petersham Center School



Ralph C. Mahar Regional &  
School Union 73 Website

### MONDAY



6

WW Waffle  
Or  
WG Chocolate Chip Muffin  
With  
Fresh Orange & Grapefruit  
Wedges, 100% Fruit Juice,  
Apple Slices & Bananas

INDIGENOUS  
PEOPLES'  
DAY

20

WW French Toast Sticks  
Or  
WG Corn Muffin  
With  
Fresh Orange & Grapefruit  
Wedges, 100% Fruit Juice,  
Apple Slices & Bananas

27

WG Mini Maple Pancake  
or WG Blueberry Muffin  
With  
Fresh Orange & Grapefruit  
Wedges, 100% Fruit Juice,  
Apple Slices & Bananas

### TUESDAY



7

Peach Overnight Oats  
Or  
WG Blueberry Pomegranate  
Oatmeal Bar  
With  
Fresh Peaches, 100% Fruit Juice,  
Apple Slices & Bananas

14

Sweet Orange Overnight Oats  
Or  
WG Nutrigrain Bar  
With  
Fresh Peaches, 100% Fruit Juice,  
Apple Slices & Bananas

21

Banana Overnight Oats  
Or  
WG Mini Cinnamon Crumb Loaf  
With  
Fresh Peaches, 100% Fruit Juice,  
Apple Slices & Bananas

28

Wild Blueberry Overnight Oats  
Or  
WG Cranberry Oatmeal Bar  
With  
Fresh Peaches, 100% Fruit Juice,  
Apple Slices & Bananas

### WEDNESDAY

1

Ham, Egg, & Cheese on a WW  
English Muffin  
or WG Apple Frudel  
With  
Fresh Nectarines, 100% Fruit  
Juice, Apple Slices & Bananas

8

Turkey Sausage, Egg & Cheese  
WG Empanada  
Or  
Peach Smoothie  
With  
Fresh Nectarines, 100% Fruit  
Juice, Apple Slices & Bananas

15

Egg & Cheese on a WW  
English Muffin or  
WG Apple Frudel  
With  
Fresh Nectarines, 100% Fruit  
Juice, Apple Slices & Bananas

22

Spinach, Egg, Turkey & Cheese  
on a WW English Muffin  
or Strawberry Banana Smoothie  
With  
Fresh Nectarines, 100% Fruit  
Juice, Apple Slices & Bananas

29

Turkey Sausage, Egg & Cheese  
WG Empanada  
or WG Apple Frudel  
With  
Fresh Nectarines, 100% Fruit  
Juice, Apple Slices & Bananas

### THURSDAY

2

Homemade Peach Buckle  
Or  
WG Banana Bread Super Slice  
With  
Fresh Pears, 100% Fruit Juice,  
Apple Slices & Bananas

9

Avocado Toast on Multigrain with  
Heirloom Tomato  
Or  
WG Blueberry Bread Super Slice  
With  
Fresh Pears, 100% Fruit Juice,  
Apple Slices & Bananas

16

Homemade Banana Buckle  
Or  
WG Pumpkin Bread Super Slice  
With  
Fresh Pears, 100% Fruit Juice,  
Apple Slices & Bananas

23

Avocado Toast on Multigrain with  
Heirloom Tomato  
or WG Cocoa Bread Super Slice  
With  
Fresh Pears, 100% Fruit Juice,  
Apple Slices & Bananas

30

Homemade Apple  
Cinnamon Buckle  
Or  
WG Lemon Bread Super Slice  
With  
Fresh Pears, 100% Fruit Juice,  
Apple Slices & Bananas

### FRIDAY

3

Homemade Mini Vegetable  
Frittata's  
or WG Cinnamon Raisin Bagel  
With  
Assorted Fresh Fruit, 100% Fruit  
Juice, Apple Slices & Bananas

10

Seasoned Scrambled Eggs with  
Half a WW Biscuit & Potato  
or WG Blueberry Bagel  
With  
Fresh Strawberries, 100% Fruit  
Juice, Apple Slices & Bananas

17

Cheesy Sausage Breakfast  
Bake  
or WG Honey Wheat Bagel  
With  
Fresh Strawberries, 100% Fruit  
Juice, Apple Slices & Bananas

24

Seasoned Scrambled Eggs with  
Half a WW Biscuit & Potato  
or WG Cinnamon Raisin Bagel  
With Fresh Strawberries,  
100% Fruit Juice,  
Apple Slices & Bananas

31

Cheddar Cheese Potato  
Breakfast Bake  
or WG Blueberry Bagel  
With  
Fresh Strawberries, 100% Fruit  
Juice, Apple Slices & Bananas



One Full Reimbursable Breakfast is Free to Each Student.

A La Carte Items will be charged accordingly.

Menu is Subject to Change

This institution is an equal opportunity provider.

Manage Your Student's Account Online

- Visit [www.MySchoolBucks.com](http://www.MySchoolBucks.com)



A K-12 USDA Reimbursable Breakfast Includes... 1 Skim or 1% White Milk, a Whole Grain Item or a Plant/Animal Based Protein & Fruit or Vegetable

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

Be Sure to Complete any Meal at our 5-A-Day Bar which features a Seasonal Assortment of Fresh Fruits & Veggies  
Alternative Milk Choices such as Lactaid or 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 [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)