

Breakfast

Celebrate National School Breakfast Week March 3rd – 7th!
<https://schoolnutrition.org/resource/nsbw25-activity-guide/>

MARCH 2025
Petersham Center School 

Ralph C. Mahar Regional & School Union 73

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

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

4

WG Buttery Maple Belgian Waffle or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Petite Banana, Mandarin Orange, & 100% Fruit Juice

5

Shakshuka
a North African dish of spiced onions, tomatoes, peppers topped with egg, cheese & served with WW Pita or Assorted WG Cereals with Cheez Itz, & Assorted Fruits

6

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

7

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

10

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

11

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

12

Homemade Banana Bread or Assorted WG Cereals with Cheez Itz, Fresh Apple Slices, Petite Banana, Mandarin Orange, & 100% Fruit Juice

13

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

14

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

17

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

18

WG Wild Blueberry Belgian Waffle or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Petite Banana, Mandarin Orange, & 100% Fruit Juice

19

Maple Apple French Toast Bake or Assorted WG Cereals with Cheez Itz, Fresh Apple Slices, Petite Banana, Mandarin Orange, & 100% Fruit Juice

20

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

21

No School
 Teacher Professional Development Day



24

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

25

WG Buttery Maple Belgian Waffle or Assorted WG Cereals with a Graham Cracker, Fresh Apple Slices, Petite Banana, Mandarin Orange, & 100% Fruit Juice

26

Homemade Banana Muffin or Assorted WG Cereals with Cheez Itz, Fresh Apple Slices, Petite Banana, Mandarin Orange, & 100% Fruit Juice

27

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

28

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

31

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

It's International Waffle Day!



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

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

This institution is an equal opportunity provider.