

Breakfast

The Massachusetts
Harvest of Month
Feature is Pears!



OCTOBER 2025 Ralph C. Mahar Regional 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



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