

Breakfast in the Classroom

SEPTEMBER 2024 Fisher Hill Pre-K

Ralph C. Mahar Regional &
School Union 73



MONDAY

2

Closed

Labor Day

TUESDAY

3



10

Whole Grain Nutri-Grain Bar served with a Fresh Petite Banana

Fat-Free or 1% White Milk

WEDNESDAY

4

11

Reduced Sugar, Whole Grain Frosted Mini Wheats Cereal served with an Applesauce Cup

Fat-Free or 1% White Milk

THURSDAY

5

12

Whole Grain Chocolate Chip Muffin served with 100% Fruit Juice

Fat-Free or 1% White Milk

FRIDAY

6

13

Upstate Farms Yogurt Cup served with Fresh Apple Slices,

Fat-Free or 1% White Milk

16

Whole Wheat Belgian Style Blueberry Waffle served with Fresh Apple Slices

Fat-Free or 1% White Milk

17

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

Fat-Free or 1% White Milk

18

Whole Grain Graham Crackers served with 100% Fruit Juice

Fat-Free or 1% White Milk

19

Cheerios Cereal served with Fresh Apple Slices

Fat-Free or 1% White Milk

20

Whole Wheat Bagel with Cream Cheese served with a Papaya & Mango Fruit Cup

Fat-Free or 1% White Milk

It's National Papaya Month!

23

Whole Grain Graham Crackers with Fresh Apple Slices

Fat-Free or 1% White Milk

24

Whole Grain Apple Cinnamon Muffin served with a Fresh Petite Banana

Fat-Free or 1% White Milk

25

Reduced Sugar, Whole Grain GF Rice Chex Cereal served with an Applesauce Cup

Fat-Free or 1% White Milk

26

Whole Wheat Belgian Style Buttery Maple Waffle served with 100% Fruit Juice

Fat-Free or 1% White Milk

27

Cheerios Cereal served with Fresh Apple Slices

Fat-Free or 1% White Milk

30

Stonyfield Organic Strawberry Smoothie served with Fresh Apple Slices

Fat-Free or 1% White Milk



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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