

# Breakfast in the Classroom

The Massachusetts Harvest of Month Feature is Tomatoes!



## SEPTEMBER 2025 CACFP Pre-K

Ralph C. Mahar Regional & School Union 73

### MONDAY

1



8

1oz. Multigrain Cheerios  
With  
Fresh Clementine  
And  
White Skim Milk  
or White 1% Milk

15

1oz. WG RS Trix Cereal  
With  
Fresh Clementine  
And  
White Skim Milk  
or White 1% Milk

22

1oz. WW RS Frosted Mini  
Wheat Cereal  
With  
Fresh Clementine  
And  
White Skim Milk  
or White 1% Milk

29

1oz. WG RS Cocoa Puff Cereal  
With  
Fresh Clementine  
And  
White Skim Milk  
or White 1% Milk

### TUESDAY

2

9

Three Cheese Egg Bite  
With  
100% Fruit Juice  
And  
White Skim Milk  
or White 1% Milk

16

Egg & Cheese Breakfast  
Scrambler  
With  
Peach Cup  
And  
White Skim Milk  
or White 1% Milk

23

Egg, Cheese & Turkey Sausage  
Breakfast Scrambler  
With  
Pear Cup And  
White Skim Milk  
or White 1% Milk

30

Cheese & Bacon Egg Bite  
With  
Applesauce Cup  
And  
White Skim Milk  
or White 1% Milk

### WEDNESDAY

3

10

1oz. WG RS Cocoa Puff Cereal  
With  
Fresh Apple Slices  
And  
White Skim Milk  
or White 1% Milk

17

1oz. WG Kix Cereal  
With  
Fresh Apple Slices  
And  
White Skim Milk  
or White 1% Milk

24

1oz. WG RS Cinnamon Toast  
Crunch  
With  
Fresh Apple Slices  
And  
White Skim Milk  
or White 1% Milk

### THURSDAY

4

11

WG Apple Frudal  
With  
Fresh Assorted Stone Fruit  
And  
White Skim Milk  
or White 1% Milk

18

WG Cinnamon Crumb Mini Loaf  
With  
100% Fruit Juice  
And  
White Skim Milk  
or White 1% Milk

25

WG Super Slice Pumpkin Bread  
With  
Fresh Assorted Stone Fruit  
And  
White Skim Milk  
or White 1% Milk

### FRIDAY

5

12

Danimal Yogurt  
With  
Fresh Banana  
And  
White Skim Milk  
or White 1% Milk

19

Danimal Yogurt  
With  
Fresh Banana  
And  
White Skim Milk  
or White 1% Milk

26

Danimal Yogurt  
With  
Fresh Banana  
And  
White Skim Milk  
or White 1% Milk



One Full Reimbursable Breakfast is Free to Each Student.  
A La Carte Items will be charged accordingly.

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



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

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 your food service director at [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)

This institution is an equal opportunity provider.