

Breakfast

The Massachusetts Harvest of Month Feature is Tomatoes!

SEPTEMBER 2025
Ralph C. Mahar Regional

Ralph C. Mahar Regional &
School Union 73

MONDAY

1



8

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

15

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

22

WW Sweet Cinnamon
Belgian-Style Waffle
or WG Chocolate Chip Muffin
With
Fresh Orange Wedges,
100% Fruit Juice, Apple Slices
& Bananas

29

Fresh Baked WG
Cinnamon Roll
or WG Apple Cinnamon Muffin
With Fresh Orange Wedges,
100% Fruit Juice, Apple Slices
& Bananas

TUESDAY

2

Peach Overnight Oats
or WG Apple Cinnamon
Nutrigrain Bar
With
Fresh Peaches, 100% Fruit Juice,
Apple Slices & Bananas

9

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

16

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

23

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

30

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

WEDNESDAY

3

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

10

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

17

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

24

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

THURSDAY

4

Blueberry Buckle
Or
WG Banana Bread
With
Fresh Plums, 100% Fruit Juice,
Apple Slices & Bananas

11

Avocado Toast on Multigrain with
Heirloom Tomato
or WG Blueberry Bread
With
Fresh Plums, 100% Fruit Juice,
Apple Slices & Bananas

18

Peach Buckle
or WG Pumpkin Bread
With
Fresh Plums, 100% Fruit Juice,
Apple Slices & Bananas

25

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

FRIDAY

5

Cheddar Cheese Potato
Breakfast Bake
or WG Cinnamon Raisin Bagel
With
Fresh Grapefruit Wedges,
100% Fruit Juice, Apple Slices &
Bananas

12

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

19

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

26

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

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



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 Whole Grain-Reduced Sugar Cereals, Condiments, Skim White or 1% White Milk,
Danimals Yogurt, Hard Boiled Eggs, & String Cheese are Available Daily.**
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

This institution is an equal opportunity provider.