

Breakfast in
the Cafeteria



APRIL 2026
Ralph C. Mahar Regional School

Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6

WW Pancakes with Syrup
Or
WG Blueberry Muffin
With
100% Fruit Juice, Peach Cup,
Craisins or Fresh Apple Slices

7

Egg & Cheese on a
Whole Wheat Croissant
Or
The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Pineapple
Cup, Raisins or Orange Wedges

8

Fruit, Yogurt & Granola Parfait
Or
WG Cinnamon Crumb Cake
With
100% Fruit Juice, Mixed Fruit
Cup, Dried Mixees or Banana

9

WG Mini Bagel Stuffed with
Strawberry Cream Cheese
Or
WG Lemon Bread Super Slice
With 100% Fruit Juice, Craisins,
Applesauce or Orange Wedges

10

Seasoned Scrambled Eggs with
Half a WW Biscuit & Baked Potato
Or
Oatmeal Cup
With
100% Fruit Juice, Peach Cup,
Raisins or Fresh Apple Slices

13

WW French Toast with Syrup
Or
WG Chocolate Chip Muffin
With
100% Fruit Juice, Peach Cup,
Craisins or Fresh Apple Slices

14

WG Pork Sausage, Egg, &
Cheese Tornado
Or
The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Pineapple
Cup, Raisins or Orange Wedges

15

Fruit, Yogurt & Granola Parfait
Or
WG Glazed Donut
With
100% Fruit Juice, Mixed Fruit
Cup, Dried Mixees or Banana

16

WG Bagel with Cream Cheese
or Sunbutter
Or
WG Cocoa Bread Super Slice
With 100% Fruit Juice, Craisins,
Applesauce or Orange Wedges

17

WG Bacon Scramble Breakfast
Flatbread Pizza with Marinara Dip
Or
Oatmeal Cup
With
100% Fruit Juice, Peach Cup,
Raisins or Fresh Apple Slices

20

21

22

23

24

27

WW Waffle with Syrup
Or
WG Apple Cinnamon Muffin
With
100% Fruit Juice, Peach Cup,
Craisins or Fresh Apple Slices

28

Turkey Sausage, Egg & Cheese
Breakfast Burrito with Salsa Dip
or The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Pineapple
Cup, Raisins or Orange Wedges

29

Fruit, Yogurt & Granola Parfait
Or
WG Breakfast Bun
With
100% Fruit Juice, Mixed Fruit
Cup, Dried Mixees or Banana

30

WG Mini Bagel Stuffed with
Cinnamon Cream Cheese
Or
WG Banana Bread Super Slice
With 100% Fruit Juice, Craisins,
Applesauce or Orange Wedges



A USDA K-12 Reimbursable Breakfast Includes...1 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,
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

One Full Reimbursable Breakfast is Free to Each Student

A La Carte Items will be charged accordingly

Menu is Subject to Change

If you have any questions, please contact kbressani@rcmahar.org

This institution is an equal opportunity provider