

Breakfast in the Cafeteria

Happy Holidays!

DECEMBER 2025
Ralph C. Mahar Regional

Ralph C. Mahar Regional & School Union 73 Website

MONDAY

1

WW Pancakes with Syrup
Or
WW Bagel with Cream Cheese
With
100% Fruit Juice,
Mixed Fruit Cup, Craisins
or Grapefruit Wedges

8

WW French Toast Sticks with Syrup
Or WG Corn Muffin
With 100% Fruit Juice,
Mixed Fruit Cup, Craisins
or Grapefruit Wedges

15

WW Waffle with Syrup
Or WG Strawberry Cream Cheese Mini Bagel
With 100% Fruit Juice,
Mixed Fruit Cup, Craisins
or Grapefruit Wedges

22

WG Mini Maple Pancake
Or WG Chocolate Chip Muffin
With
100% Fruit Juice,
Mixed Fruit Cup, Craisins
or Grapefruit Wedges

29

TUESDAY

2

Banana Overnight Oats
Or
WG Zee Zee Breakfast Bar
With
100% Fruit Juice,
Applesauce Cup, Raisins or
Fresh Apple Slices

9

Orange Overnight Oats
Or WG Nutigrain Bar
With
100% Fruit Juice,
Applesauce Cup, Raisins or
Fresh Apple Slices

16

Peach Overnight Oats
Or WG Zee Zee Breakfast Bar
With
100% Fruit Juice, Applesauce
Cup, Raisins or Fresh Apple
Slices

23

Wild Blueberry Overnight Oats
Or WG Nutigrain Bar
With
100% Fruit Juice, Applesauce
Cup, Raisins or Fresh Apple
Slices

30

WEDNESDAY

3

Sausage, Egg & Cheese on a
WW English Muffin
Or WG Apple Frudel
With 100% Fruit Juice, Peach Cup,
Dried Fruit Mixees or
Orange Wedges

10

Bacon, Egg, & Cheese on a WW
English Muffin
Or Strawberry Banana Smoothie
With 100% Fruit Juice, Peach Cup,
Dried Fruit Mixees or
Orange Wedges

17

WG Sausage & Gravy Bites
Or
WG Apple Frudel
With 100% Fruit Juice, Peach Cup,
Dried Fruit Mixees &
Orange Wedges

24

31

THURSDAY

4

Avocado Toast on Multigrain
Bread with Tomato
Or
WG Blueberry Bread Super Slice
With
100% Fruit Juice, Craisins,
Applesauce Cup or Banana

11

Homemade Banana Buckle
Or
WG Lemon Bread Super Slice
With
100% Fruit Juice, Craisins,
Applesauce Cup or Banana

18

Avocado Toast on Multigrain
Bread with Tomato
Or WG Cocoa Bread Super Slice
With
100% Fruit Juice, Craisins,
Applesauce Cup or Banana

25

FRIDAY

5

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

12

Turkey Sausage & Egg WG
Empanada
Or Quaker Instant Oatmeal Cup
With
100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices

19

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

26

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,
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 kbressani@rcmahar.org

• 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 •

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