

Breakfast in
The Cafeteria

Our Massachusetts
Harvest of the
Month Feature is
Squash!

FEBUARY 2026
Ralph C. Mahar Regional School

Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

WW Pancakes with Syrup
Or
WG Blueberry Muffin
With
100% Fruit Juice, Mixed Fruit,
Craisins or Grapefruit Wedges

3

Sunbutter & Banana Crunch
Overnight Oats
Or
The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Applesauce
Cup, Raisins or Fresh Apple

4

WG Pork Sausage, Egg, &
Cheese Tornado
Or
WG Cinnamon Roll
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees & Clementine

5

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

6

Early Riser Egg & Cheese
Stuffed Breaded Hashbrown
Or
Quaker Instant Oatmeal Cup
With
100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices

9

WW French Toast with Syrup
Or
WG Chocolate Chip Muffin
With
100% Fruit Juice, Mixed Fruit,
Craisins or Grapefruit Wedges

10

Apple Pie Overnight Oats
Or
The Amazing Chickpea
Granola Bar
With
100% Fruit Juice, Applesauce
Cup, Raisins or Fresh Apple

11

Sausage, Egg & Cheese on a
WW English Muffin
Or
Strawberry Banana Smoothie
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees & Clementine

12

Homemade Butternut Cranberry
Bread
Or
WG Lemon Bread Super Slice
With
100% Fruit Juice, Craisins,
Applesauce Cup or Strawberries

13

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



17



18



19



20



23

WW Waffle with Syrup
Or
WG Apple Cinnamon Muffin
With
100% Fruit Juice, Mixed Fruit,
Craisins or Grapefruit Wedges

24

Wild Blueberry Overnight Oats
Or
The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Applesauce
Cup, Raisins or Fresh Apple

25

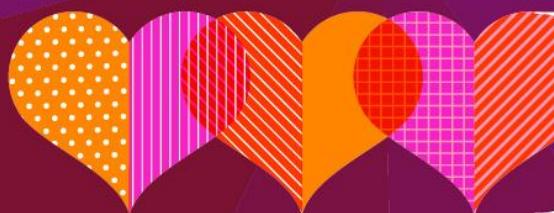
WG Breakfast Empanada
Or
WG Glazed Donut
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees & Clementine

26

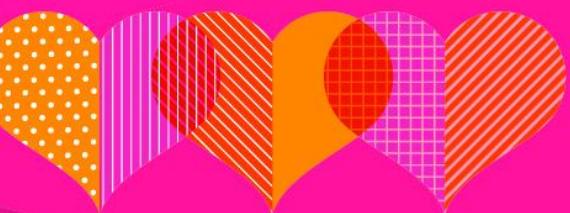
Avocado Toast on Multigrain
Bread with Tomato
Or
WG Cocoa Bread Super Slice
With
100% Fruit Juice, Craisins,
Applesauce Cup or Strawberries

27

WG Bacon Scramble Breakfast
Flatbread Pizza Square
Or
Quaker Instant Oatmeal Cup
With
100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices



LOVE



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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