

# Lunch

Our Massachusetts  
Harvest of Month  
Feature is Apples!



## JANUARY 2026 Orange Elementary School

Ralph C. Mahar Regional &  
School Union 73 Website

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

5

1oz. Assorted WG Reduced  
Sugar Cereals  
& Cheddar Cheese Cubes  
With 100% Fruit Juice  
And a Fruit Cup, White Skim  
Milk & White 1% Milk

6

WG Super Slice Bread  
With  
Dried Fruit  
And  
ZeeZee's Applesauce Cup, White  
Skim Milk & White 1% Milk

7

1oz. WG Reduced Sugar  
Marshmallow Matey Cereal  
& a Hard- Boiled Egg  
With 100% Fruit Juice  
And Fresh Clementine, White  
Skim Milk & White 1% Milk

8

WG Waffle  
With  
Raisins  
And  
Pear Cup, White Skim Milk &  
White 1% Milk

9

1.5oz. Protein Granola Pouch  
with Sunflower Seeds  
& Danimal Yogurt  
With 100% Fruit Juice  
And Fresh Plum, White Skim Milk  
& White 1% Milk

12

2oz. ZeeZee's Breakfast Bar  
With  
100% Fruit Juice  
And  
Fresh Apple Slices, White Skim  
Milk & White 1% Milk

13

Turkey Sausage, Egg & Cheese  
Breakfast Burrito  
With Dried Fruit  
And  
ZeeZee's Applesauce Cup, White  
Skim Milk & White 1% Milk

14

1oz. GF WG Reduced Sugar  
Cinnamon Chex Cereal  
& String Cheese  
With 100% Fruit Juice  
And Fresh Clementine, White  
Skim Milk & White 1% Milk

15

WG French Toast Sticks  
With  
Raisins  
And  
Peach Cup, White Skim Milk &  
White 1% Milk

16

1.5oz. Protein Granola Pouch  
with Sunflower Seeds  
And  
a Peach Smoothie,  
Fresh Pear, White Skim Milk &  
White 1% Milk

19

No School



20

Warm WG Cinnamon Roll  
With  
Dried Fruit  
And  
ZeeZee's Applesauce Cup, White  
Skim Milk & White 1% Milk

21

1oz. WG Reduced Sugar  
Cinnamon Toast Crunch  
& a Hard- Boiled Egg  
With 100% Fruit Juice  
And Fresh Clementine, White  
Skim Milk & White 1% Milk

22

WG Pancakes  
With  
Raisins  
And  
Mixed Fruit Cup, White Skim Milk  
& White 1% Milk

23

1.5oz. Protein Granola Pouch  
with Sunflower Seeds  
& Danimal Yogurt  
With 100% Fruit Juice  
And Fresh Apple, White Skim  
Milk & White 1% Milk

26

1oz. WG Reduced Sugar  
Trix Cereal  
& Cheddar Cheese Cubes  
With 100% Fruit Juice  
And a Fresh Apple Slices, White  
Skim Milk & White 1% Milk

27

Mini Breakfast Bagel Pizza with  
Egg & Melty Mozzarella Cheese  
With Dried Fruit  
And  
ZeeZee's Applesauce Cup, White  
Skim Milk & White 1% Milk

28

1oz. WG Reduced Sugar Cocoa  
Puff Cereal & String Cheese  
With 100% Fruit Juice  
And  
Fresh Clementine, White Skim  
Milk & White 1% Milk

29

WG Waffle  
With  
Raisins  
And  
Mandarin Orange Cup, White Skim  
Milk & White 1% Milk

30

1.5oz. Protein Granola Pouch  
with Sunflower Seeds  
And  
a Strawberry Banana Smoothie,  
Fresh Fruit, White Skim Milk &  
White 1% Milk

A USDA K-12 Reimbursable Breakfast Includes...1 Milk, a Whole Grain Item or a Plant/Animal Based Protein & Fruit or Vegetable

• Menu is Subject to Change •

• 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](mailto:kbressani@rcmahar.org)

• One Full Reimbursable Breakfast is Free to Each Student •

• A La Carte Items will be charged accordingly •

• This institution is an equal opportunity provider •

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