

# Breakfast

Our Massachusetts  
Harvest of Month  
Feature is Apples!



## JANUARY 2026 Petersham Center School

Ralph C. Mahar Regional &  
School Union 73 Website

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

5

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

6

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

7

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

8

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

9

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

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

13

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

14

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

15

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

16

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

19

No School



20

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

21

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

22

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

23

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

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

27

Strawberry Overnight Oats  
or WG Nutrigrain Bar  
With  
100% Fruit Juice, Applesauce  
Cup, Raisins or Fresh Apple  
Slices

28

WG Breakfast Empanada  
Or  
WG Cinnamon Roll  
With 100% Fruit Juice, Peach Cup,  
Dried Fruit Mixees &  
Fresh Clementine

29

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

30

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

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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