

# Breakfast

Our Massachusetts  
Harvest of Month  
Feature is Apples!



# JANUARY 2026

## Ralph C. Mahar Regional School

Ralph C. Mahar Regional &  
School Union 73 Website

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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  
No School  
Professional Development Day  
& Semester Change Over

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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