

Breakfast

Our Massachusetts
Harvest of Month
Feature is Apples!



JANUARY 2026 Ralph C. Mahar Regional 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

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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