

Adults! Bring your Kids & Teens to their Breakfast or Lunch on Fridays and Eat for Free with them!

JULY 2026

RCM Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Times & Locations:

Petersham Center School: Monday – Thursday 8:15 a.m. – 9:25 a.m.
 Fisher Hill Elementary School: Monday – Thursday 8:30 a.m. – 9:30 a.m.
 Ralph C. Mahar Regional School: Monday – Friday 8:30 a.m. – 9:30 a.m.



6
 Egg & Cheese
 on a Whole Wheat Croissant
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or a Petite Banana

7
 Whole Grain Breakfast
 Bar or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with
 a Yogurt Cup, 100% Apple Juice
 or Fresh Orange Wedges

8
 Ham, Egg & Cheese
 on Whole Wheat Flatbread
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Apple Slices

9
 Whole Wheat Bagel
 with Cream Cheese
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Strawberries

10
 Bacon, Egg & Cheese
 on a Whole Wheat Biscuit
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Melon

13
 Whole Grain Muffin
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with
 a Yogurt Cup, 100% Apple Juice
 or a Petite Banana

14
 Egg & Cheese
 on a Whole Wheat Croissant
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Orange Wedges

15
 Whole Grain Super Slice
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with
 a Yogurt Cup, 100% Apple Juice
 or Fresh Apple Slices

16
 Ham, Egg & Cheese
 on Whole Wheat Flatbread
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Strawberries

17
 Whole Grain Mini
 Cinnamon Crumb Cake
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Melon

20
 Bacon, Egg & Cheese
 on a Whole Wheat Biscuit
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or a Petite Banana

21
 Whole Grain Breakfast
 Bar or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with
 a Yogurt Cup, 100% Apple Juice
 or Fresh Orange Wedges

22
 Egg & Cheese
 on a Whole Wheat Croissant
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Apple Slices

23
 Whole Wheat Bagel
 with Cream Cheese
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Strawberries

24
 Ham, Egg & Cheese
 on Whole Wheat Flatbread
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Melon

27
 Whole Grain Muffin
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with
 a Yogurt Cup, 100% Apple Juice
 or a Petite Banana

28
 Bacon, Egg & Cheese
 on a Whole Wheat Biscuit
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Orange Wedges

29
 Whole Grain Super Slice
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with
 a Yogurt Cup, 100% Apple Juice
 or Fresh Apple Slices

30
 Egg & Cheese
 on a Whole Wheat Croissant
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Strawberries

31
 Whole Grain Mini
 Cinnamon Crumb Cake
 or
 Assorted Whole Grain Reduced
 Sugar 1 oz. Cereal Bowl
 all with a Yogurt Cup, 100% Apple
 Juice or Fresh Melon

One Full Reimbursable Breakfast is Free to Kids & Teens ages 0-18

If you have any questions, or would like additional information regarding this menu, please contact your Food Service Director at kbressani@rcmahar.org

This institution is an equal opportunity provider.

A USDA SFSP Reimbursable Breakfast Includes.... 1 cup of Skim or 1% White Milk, a Whole Grain Item, and ½ cup portions of Fruits & Vegetables. Pick at Least 3 for a Complete Meal!

*Assorted Condiments, Skim Milk, or 1% White Milk are Available Daily.
 Alternative Milk Choices, such as Lactaid or Soy Milk, are available with a documented dietary need.*