

Breakfast in
the Cafeteria

MAY 2026
Petersham Center School

Ralph C. Mahar Regional &
School Union 73 Website

MONDAY

It's National Egg Month!

Eggs are an excellent source of protein that helps to power your body & brain through the day! Be sure to stop in for breakfast & choose eggs

4

WW Pancakes with Syrup
Or
WG Blueberry Muffin
With
100% Fruit Juice, Peach Cup,
Craisins or Apple Slices

11

WW French Toast with Syrup
Or
WG Chocolate Chip Muffin
With
100% Fruit Juice, Peach Cup,
Craisins or Apple Slices

18

WW Waffle with Syrup
Or
WG Apple Cinnamon Muffin
With
100% Fruit Juice, Peach Cup,
Craisins or Apple Slices

25



TUESDAY



5

WG Pork Sausage, Egg, &
Cheese Tornado
or The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Mixed Fruit
Cup, Raisins or Orange Wedges

12

Egg & Cheese on WW Croissant
Or
The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Mixed Fruit
Cup, Raisins or Orange Wedges

19

WG Breakfast Empanada with
Salsa Dip
or The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Mixed Fruit
Cup, Raisins or Orange Wedges

26

Turkey Sausage, Egg & Cheese
Breakfast Burrito
or The Amazing Chickpea
Granola Bar
With 100% Fruit Juice, Mixed Fruit
Cup, Raisins or Orange Wedges

WEDNESDAY

6

Fruit, Yogurt & Granola Parfait
Or
WG Glazed Chocolate Donut
With
100% Fruit Juice, Pineapple Cup,
Dried Fruit Mixees & Banana

13

Fruit, Yogurt & Granola Parfait
Or
WG Cinnamon Crumb Cake
With
100% Fruit Juice, Pineapple Cup,
Dried Fruit Mixees & Banana

20

Fruit, Yogurt & Granola Parfait
Or
WG Glazed Donut
With
100% Fruit Juice, Pineapple Cup,
Dried Fruit Mixees & Banana

27

Fruit, Yogurt & Granola Parfait
Or
WG Breakfast Bun
With
100% Fruit Juice, Pineapple Cup,
Dried Fruit Mixees & Banana

THURSDAY



7

WG Bagel with Cream Cheese
or Sunbutter
Or
WG Blueberry Bread Super Slice
with 100% Fruit Juice, Craisins,
Applesauce or Orange Wedges

14

WG Mini Bagel Stuffed with
Strawberry Cream Cheese
Or
WG Lemon Bread Super Slice
with 100% Fruit Juice, Craisins,
Applesauce or Orange Wedges

21

WG Bagel with Cream Cheese
or Sunbutter
Or
WG Cocoa Bread Super Slice
with 100% Fruit Juice, Craisins,
Applesauce or Orange Wedges

28

WG Mini Bagel Stuffed with
Cinnamon Cream Cheese
Or
WG Banana Bread Super Slice
with 100% Fruit Juice, Craisins,
Applesauce or Orange Wedges

FRIDAY

1

Seasoned Scrambled Eggs with
Half a WW Biscuit & Potato
Or
Oatmeal Cup
With 100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices

8

Early Riser Egg & Cheese
Stuffed Breaded Hashbrown
Or
Oatmeal Cup
With 100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices

15

Seasoned Scrambled Eggs with
Half a WW Biscuit & Potato
Or
Oatmeal Cup
With 100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices

22

WG Bacon Scramble Breakfast
Flatbread Pizza Square
Or
Oatmeal Cup
With 100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices

29

Seasoned Scrambled Eggs with
Half a WW Biscuit & Potato
Or
Oatmeal Cup
With
100% Fruit Juice, Pear Cup,
Raisins or Fresh Apple Slices

One Full Reimbursable Breakfast is Free to Each Student

A La Carte Items will be charged accordingly

Menu is Subject to Change

Manage Your Student's Account Online www.MySchoolBucks.com

This institution is an equal opportunity provider

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, please contact kbressani@rcmahar.org