

Breakfast in  
the Cafeteria

MAY 2026  
Ralph C. Mahar Regional 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](http://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](mailto:kbressani@rcmahar.org)