Breakfast in the Cafeteria

MASSACHUSETTS FARM TO SCHOOL
HARVEST of the MONTH
CRANBERRIES

NOVEMBER 2026

Ralph C. Mahar Regional School

Ralph C. Mahar Regional & School Union 73 Website

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Egg Sausage & Cheese Breakfast Burrito Or WG S'mores Breakfast Bar All With 100% Fruit Juice, Sliced Apple Cup, Dried Fruit, Fresh Banana, Orange or Apple	**3** WG French Toast Sticks with Local Maple Syrup Or Fruit & Yogurt Smoothie All With 100% Fruit Juice, Peach Slushy Cup, Dried Fruit, Fresh Banana, Orange or Apple	**4** Egg & Cheese on a Whole Wheat Croissant Or WG Mini Bagel Stuffed with Cream Cheese All With 100% Fruit Juice, Mixed Fruit Cup, Dried Fruit, Fresh Banana, Orange or Apple	**5** WG Proffitz Pancake Bites Or Whole Grain Super Slice All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple	**6** Fluffy Scrambled Eggs with Crispy Hash Browns Or Brown Sugar Oatmeal Cup All With 100% Fruit Juice, Applesauce Cup, Dried Fruit, Fresh Banana, Orange or Apple
9 WG Egg, Chicken, Potato, Cheese & Sausage Egg Roll Or WG Sea Salt, Oat & Dark Chocolate Bar All With 100% Fruit Juice, Sliced Apple Cup, Dried Fruit, Fresh Banana, Orange or Apple	**10** WG Blueberry Belgian Waffle Or Fruit & Yogurt Smoothie All With 100% Fruit Juice, Mixed Berry Slushy Cup, Dried Fruit, Fresh Banana, Orange or Apple	**11**	**12** WG Cinnamon Toast Crunch Mini French Toast Or Whole Grain Super Slice All With 100% Fruit Juice, Mandarin Orange Cup, Dried Fruit, Fresh Banana, Orange or Apple	**13** Fluffy Scrambled Eggs with Seasoned Home Fries Or Apple Cinnamon Oatmeal Cup All With 100% Fruit Juice, Applesauce Cup, Dried Fruit, Fresh Banana, Orange or Apple
16 WG Sausage, Egg & Cheese Tornado Or WG Berry Apple Crisp Breakfast Bar All With100% Fruit Juice, Sliced Apple Cup, Dried Fruit, Fresh Banana, Orange or Apple	**17** WG Pancakes with Local Maple Syrup Or Fruit & Yogurt Smoothie All With 100% Fruit Juice, Peach Slushy Cup, Dried Fruit, Fresh Banana, Orange or Apple	**18** Sausage, Egg & Cheese on a Whole Wheat Croissant Or WG Apple Frudel All With 100% Fruit Juice, Pineapple Cup, Dried Fruit, Fresh Banana, Orange or Apple	**19** WG Dutch Waffle Or Whole Grain Super Slice All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple	**20** Fluffy Scrambled Eggs with Crispy Hash Browns Or Brown Sugar Oatmeal Cup All With 100% Fruit Juice, Applesauce Cup, Dried Fruit, Fresh Banana, Orange or Apple
23 WG Bacon Scramble Breakfast Pizza Or WG S'mores Breakfast Bar All With 100% Fruit Juice, Sliced Apple Cup, Dried Fruit, Fresh Banana, Orange or Apple	**24** WG French Toast Sticks with Local Maple Syrup Or Fruit & Yogurt Smoothie All With 100% Fruit Juice, Mixed Berry Slushy Cup, Dried Fruit, Fresh Banana, Orange or Apple	**25** Ham, Egg & Cheese on a Whole Wheat Croissant Or WG Mini Cinnamon Crumb Loaf All With 100% Fruit Juice, Mixed Fruit Cup, Dried Fruit, Fresh Banana, Orange or Apple	**26** **Happy Thanksgiving!**	**27**
30 Whole Ground Corn Masa, Bean & Cheese Pupusa Or WG Sea Salt, Oat & Dark Chocolate Bar All With100% Fruit Juice, Sliced Apple Cup, Dried Fruit, Fresh Banana, Orange or Apple				

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

Available Daily: Assorted Whole Grain Reduced Sugar Cereals, Condiments, Skim White or 1% White Milk, Low-Fat Low Sugar Yogurt, Hard Boiled Eggs, & String Cheese

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