

Breakfast in the Classroom

Our Massachusetts Harvest of Month Feature is Cranberries!

NOVEMBER 2025
Orange Elementary School



[Ralph C. Mahar Regional & School Union 73 Website](#)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Check out this Video of the [Cranberry Day Harvest of the Mashpee Wampanoag Tribe](#) from the Smithsonian National Museum
Try out Regional Recipes & Videos from the [North American Traditional Indigenous Food Systems Project](#)
Learn about [The Three Sisters](#) – And be sure to try Corn, Beans, & Squash on this Month's Menu!



3

1oz. Blueberry Pomegranate Oatmeal Bar & Cheddar Cheese Cubes
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

4

Turkey Sausage, Egg & Cheese WG Empanada
With Raisins
And Fresh Stone Fruit, White Skim Milk & White 1% Milk

5

1oz. WG Reduced Sugar Kix Cereal & a Hard- Boiled Egg
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

6

WG Super Slice Bread
With Dried Fruit
And Fresh Clementine, White Skim Milk & White 1% Milk

7

1oz. WG Reduced Sugar Marshmallow Matey Cereal & Danimal Yogurt
With 100% Fruit Juice
And Fresh Banana, White Skim Milk & White 1% Milk

10

2oz. Zee Zee's Breakfast Bar
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

11



12

1oz. WG Reduced Sugar Cocoa Puff Cereal & String Cheese
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

13

WG Waffles
With Dried Fruit
And Fresh Clementine, White Skim Milk & White 1% Milk

14

1oz. GF WG Reduced Sugar Cinnamon Chex Cereal & Danimal Yogurt
With 100% Fruit Juice
And Fresh Banana, White Skim Milk & White 1% Milk

17

1oz. Oatmeal Cranberry Bar & Cheddar Cheese Cubes
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

18

Turkey Sausage & Gravy Bites
With Raisins
And Fresh Stone Fruit, White Skim Milk & White 1% Milk

19

1oz. WW Reduced Sugar Frosted Mini Wheat Cereal & a Hard-Boiled Egg
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

20

WG Pancakes
With Dried Fruit
And Fresh Clementine, White Skim Milk & White 1% Milk

21

1oz. WG Reduced Sugar Cinnamon Toast Crunch & Danimal Yogurt
With 100% Fruit Juice
And Fresh Banana, White Skim Milk & White 1% Milk

24

2oz. Zee Zee's Breakfast Bar
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

25

Egg & Cheese Breakfast Scrambler
With Raisins
And Fresh Stone Fruit, White Skim Milk & White 1% Milk

26

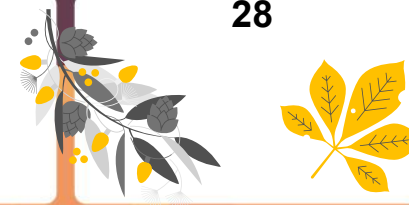
1oz. WG Reduced Sugar Kix Cereal & String Cheese
With 100% Fruit Juice
And Fresh Apple Slices, White Skim Milk & White 1% Milk

27

Happy Thanksgiving!



28



• One Full Reimbursable Breakfast is Free to Each Student •
• A La Carte Items will be charged accordingly •
• This institution is an equal opportunity provider •
Manage Your Student's Account Online www.MySchoolBucks.com

A USDA K-12 Reimbursable Breakfast Includes...1 Milk, a Whole Grain Item or a Plant/Animal Based Protein & Fruit or Vegetable
• Menu is Subject to Change •
• 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