

# Pre-K 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

Cheddar Cheese Cubes  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
White 1% Milk

4

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

5

1oz. Whole Grain  
Reduced Sugar Kix Cereal  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
White 1% Milk

6

Whole Grain Super Slice Bread  
With  
Fresh Clementine  
And  
White Skim Milk or  
White 1% Milk

7

4 oz. Danimal Yogurt  
With  
Fresh Banana  
And  
White Skim Milk or  
White 1% Milk

10

Whole Grain Muffin  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
White 1% Milk

11



12

1oz. Whole Grain Reduced  
Sugar Cocoa Puff Cereal  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
White 1% Milk

13

Whole Grain Waffles  
With  
Fresh Clementine  
And  
White Skim Milk or  
White 1% Milk

14

1oz. Gluten Free Whole Grain  
Reduced Sugar Cinnamon Chex  
With  
Fresh Banana  
And  
White Skim Milk or  
White 1% Milk

17

Cheddar Cheese Cubes  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
White 1% Milk

18

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

19

1oz. Whole Wheat Reduced  
Sugar Frosted Mini Wheat Cereal  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
White 1% Milk

20

Whole Grain Pancakes  
With  
Fresh Clementine  
And  
White Skim Milk or  
White 1% Milk

21

4 oz. Danimal Yogurt  
With  
Fresh Banana  
And  
White Skim Milk or  
White 1% Milk

24

Whole Grain Muffin  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
White 1% Milk

25

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

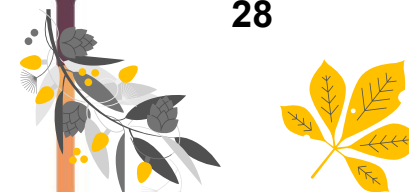
26

1oz. Whole Grain  
Reduced Sugar Kix Cereal  
With  
Fresh Apple Slices  
And  
White Skim Milk or  
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](http://www.MySchoolBucks.com)

A USDA Pre-K 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](mailto:kbressani@rcmahar.org)