

Breakfast in  
The Cafeteria

Our Massachusetts  
Harvest of the  
Month Feature is  
Squash!

FEBUARY 2026  
Petersham Center School

Ralph C. Mahar Regional &  
School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

WW Pancakes with Syrup  
Or  
WG Blueberry Muffin  
With  
100% Fruit Juice, Mixed Fruit,  
Craisins or Grapefruit Wedges

3

Sunbutter & Banana Crunch  
Overnight Oats  
Or  
The Amazing Chickpea  
Granola Bar  
With 100% Fruit Juice, Applesauce  
Cup, Raisins or Fresh Apple

4

WG Pork Sausage, Egg, &  
Cheese Tornado  
Or  
WG Cinnamon Roll  
With  
100% Fruit Juice, Peach Cup,  
Dried Fruit Mixees & Clementine

5

Avocado Toast on Multigrain  
Bread with Tomato  
Or  
WG Blueberry Bread Super Slice  
With  
100% Fruit Juice, Craisins,  
Applesauce Cup or Strawberries

6

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

9

WW French Toast with Syrup  
Or  
WG Chocolate Chip Muffin  
With  
100% Fruit Juice, Mixed Fruit,  
Craisins or Grapefruit Wedges

10

Apple Pie Overnight Oats  
Or  
The Amazing Chickpea  
Granola Bar  
With  
100% Fruit Juice, Applesauce  
Cup, Raisins or Fresh Apple

11

Sausage, Egg & Cheese on a  
WW English Muffin  
Or  
Strawberry Banana Smoothie  
With  
100% Fruit Juice, Peach Cup,  
Dried Fruit Mixees & Clementine

12

Homemade Butternut Cranberry  
Bread  
Or  
WG Lemon Bread Super Slice  
With  
100% Fruit Juice, Craisins,  
Applesauce Cup or Strawberries

13

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



17

WW Waffle with Syrup  
Or  
WG Apple Cinnamon Muffin  
With  
100% Fruit Juice, Mixed Fruit,  
Craisins or Grapefruit Wedges

18

Wild Blueberry Overnight Oats  
Or  
The Amazing Chickpea  
Granola Bar  
With 100% Fruit Juice, Applesauce  
Cup, Raisins or Fresh Apple

19

WG Breakfast Empanada  
Or  
WG Glazed Donut  
With  
100% Fruit Juice, Peach Cup,  
Dried Fruit Mixees & Clementine

20

Avocado Toast on Multigrain  
Bread with Tomato  
Or  
WG Cocoa Bread Super Slice  
With  
100% Fruit Juice, Craisins,  
Applesauce Cup or Strawberries

21

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



LOVE



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 regarding this menu, please contact [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)

• One Full Reimbursable Breakfast is Free to Each Student •

• A La Carte Items will be charged accordingly •

• Menu is Subject to Change •

• This institution is an equal opportunity provider •

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