

Breakfast

Our Massachusetts
Harvest of Month Feature
is Cranberries!

NOVEMBER 2025 Petersham Center 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

WW Waffle
Or
WG Apple Cinnamon Muffin
With
100% Fruit Juice, Mandarin
Orange Cup, Craisins &
Grapefruit Wedges

4

Banana Overnight Oats
Or
WG Blueberry Pomegranate
Oatmeal Bar
With
100% Fruit Juice, Applesauce
Cup, Raisins & Apple Slices

5

Turkey Sausage, Egg & Cheese
WG Empanada
Or Peach Smoothie
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees &
Orange Wedges

6

Avocado Toast on Multigrain with
Heirloom Tomato
Or
WG Blueberry Bread Super Slice
With
100% Fruit Juice, Craisins, Mixed
Fruit Cup & Banana

7

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

10

WW French Toast Sticks
Or
WG Corn Muffin
With
100% Fruit Juice, Mandarin
Orange Cup, Craisins &
Grapefruit Wedges

11



12

Ham, Egg, & Cheese on a WW
English Muffin
Or WG Apple Frudel
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees &
Orange Wedges

13

Homemade Banana Buckle
Or
WG Pumpkin Bread Super Slice
With
100% Fruit Juice, Craisins, Mixed
Fruit Cup & Banana

14

Homemade Mini Vegetable
Frittata's or
Quaker Instant Oatmeal Cup
With
100% Fruit Juice, Pear Cup,
Raisins & Apple Slices

17

WW Waffle
Or
WG Chocolate Chip Muffin
With
100% Fruit Juice, Mandarin
Orange Cup, Craisins &
Grapefruit Wedges

18

Peach Overnight Oats
Or
WG Nutrigrain Bar
With
100% Fruit Juice, Applesauce
Cup, Raisins & Apple Slices

19

2 Turkey Sausage & Gravy Bites
Or
Strawberry Banana Smoothie
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees &
Orange Wedges

20

Avocado Toast on Multigrain with
Heirloom Tomato
Or WG Cocoa Bread Super Slice
With
100% Fruit Juice, Craisins, Mixed
Fruit Cup & Banana

21

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

24

WG Mini Maple Pancake
Or
WG Blueberry Muffin
With
100% Fruit Juice, Mandarin
Orange Cup, Craisins &
Grapefruit Wedges

25

Wild Blueberry Overnight Oats
Or
WG Cranberry Oatmeal Bar
With
100% Fruit Juice, Applesauce
Cup, Raisins & Apple Slices

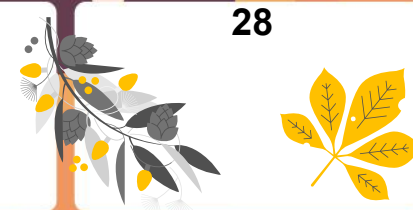
26

Egg & Cheese on a WW
English Muffin or
WG Mini Cinnamon Crumb Cake
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees &
Orange Wedges

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Happy
Thanksgiving!

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• 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 •
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
• 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