

Breakfast in
the Cafeteria

AUGUST 2026

Ralph C. Mahar Regional School

Check out our website for
menus, recipes, nutritional
information, newsletters,
updates on Farm to
School, pictures & more!

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



August HARVEST of the MONTH PEACHES



Harvest of the Month
promotes a different
MA-grown crop from
local farms each month
in school cafeterias
across the state.
To learn more, visit:
massfarmtoschool.org/hotm

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Welcome Back!
Sausage, Egg & Cheese on a
Whole Wheat Croissant
or WG Apple Frudel
All With 100% Fruit Juice, Mixed
Fruit Cup, Dried Fruit, Fresh
Banana, Orange or Apple

27

Whole Grain Pancakes
with Maple Syrup
Or
Whole Grain Muffin
All With 100% Fruit Juice, Pear
Cup, Dried Fruit, Fresh Banana,
Orange or Apple

28

Fluffy Scrambled Eggs
Or
Brown Sugar Oatmeal Cup
All With
100% Fruit Juice, Applesauce
Cup, Dried Fruit, Fresh Banana,
Orange or Apple

31

Chicken Tamale with Guacamole
Or
Whole Grain Breakfast Bar
All With
100% Fruit Juice, Peach 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