

Breakfast

Our Massachusetts
Harvest of Month Feature
is Cranberries!

NOVEMBER 2025 Ralph C. Mahar Regional 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

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Veterans Day

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

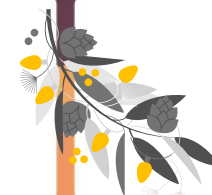
Egg & Cheese on a WW
English Muffin or
WG Mini Cinnamon Crumb Cake
With
100% Fruit Juice, Peach Cup,
Dried Fruit Mixees &
Orange Wedges

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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