

Breakfast in the Cafeteria

The Massachusetts Harvest of Month Feature is Tomatoes!



SEPTEMBER 2026

Ralph C. Mahar Regional School

Ralph C. Mahar Regional & School Union 73 Website

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Whole Grain French Toast with Maple Syrup
Or
Fruit & Yogurt Smoothie
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

2

Ham, Egg & Cheese on a Whole Wheat Croissant
Or WG Donut
All With 100% Fruit Juice, Mixed Fruit Cup, Dried Fruit, Fresh Banana, Orange or Apple

3

WG Proffitz Pancake Bites
Or
Whole Grain Super Slice
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

4

Fluffy Scrambled Eggs with Seasoned Home fries
Or
Apple Cinnamon Oatmeal Cup
All With 100% Fruit Juice, Applesauce Cup, Dried Fruit, Fresh Banana, Orange or Apple

8

WG Artisan Maple Belgian Waffle
Or
Fruit & Yogurt Smoothie
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

9

Bacon, 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

10

WG Cinnamon Glazed French Toast Stick
Or
Whole Grain Super Slice
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

11

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

14

WG Egg Sausage & Cheese Breakfast Burrito
Or
WG S'mores Breakfast Bar
All With 100% Fruit Juice, Peach Cup, Dried Fruit, Fresh Banana, Orange or Apple

15

WG Pancakes with Maple Syrup
Or
Fruit & Yogurt Smoothie
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

16

Egg & Cheese on a Whole Wheat Croissant
Or WG Donut
All With 100% Fruit Juice, Mixed Fruit Cup, Dried Fruit, Fresh Banana, Orange or Apple

17

WG Dutch Waffle
Or
Whole Grain Super Slice
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

18

Fluffy Scrambled Eggs with Seasoned Home fries
Or
Apple Cinnamon Oatmeal Cup
All With 100% Fruit Juice, Applesauce Cup, Dried Fruit, Fresh Banana, Orange or Apple

21

WG Sausage, Egg & Cheese Tornado Or WG Berry Apple Crisp Breakfast Bar
All With 100% Fruit Juice, Peach Cup, Dried Fruit, Fresh Banana, Orange or Apple

22

WG Mini Cinnamon Toast Crunch French Toast
Or
Fruit & Yogurt Smoothie
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

23

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

24

WG Mini Confetti Pancake Bites
Or
Whole Grain Super Slice
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

25

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

28

WG Egg, Chicken, Potato, Cheese & Sausage Egg Roll Or WG Sea Salt, Oat & Dark Chocolate Bar
All With 100% Fruit Juice, Peach Cup, Dried Fruit, Fresh Banana, Orange or Apple

29

WG Blueberry Belgian Waffle
Or
Fruit & Yogurt Smoothie
All With 100% Fruit Juice, Pear Cup, Dried Fruit, Fresh Banana, Orange or Apple

30

Ham, Egg & Cheese on a Whole Wheat Croissant
Or WG Donut
All With 100% Fruit Juice, Mixed Fruit 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