

Freshwater School ~ March ~ 2019 Lunch ~ \$3.25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-----------------------------------|-------------------------------|---------------------------|-------------------------|
| Feb 25 Chili and Corn Muffin | Feb 26 Tacos | Feb 27 Cheeseburger | Feb 28 Burritos | March 1 Pizza |
| 4 Nachos | 5 Spaghetti | 6 Tuna Sandwich | 7 Burritos | 8 Pizza |
| 11 Taco Pie | 12 Sloppy Joe | 13 Baked Potato Bar | 14 Burritos | 15 Pizza |
| 18 Chicken Noodle Soup | 19 Pulled Pork Sandwich | 20 Mac 'n Cheese | 21 Burritos | 22 Pizza |
| 25 Chili and Corn Bread | 26 Cheeseburger | 27 Turkey Sandwich | 28 Burritos | 29 Pizza |

Non-fat Chocolate Milk or 1% Milk Available Every Day

Fruit and Vegetables Served With Every Meal

Breakfast ~ \$1.00

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---------------------------------------|--------------------------|-------------------------------|-------------------------------------|
| Feb 25 Bagel | Feb 26 Ham and Egg Scramble | Feb 27 Oatmeal | Feb 28 French Toast | March 1 Potatoes and Eggs |
| 4 English Muffin | 5 Ham and Egg Scramble | 6 Oatmeal | 7 Pancakes | 8 Potatoes and Eggs |
| 11 Bagel | 12 Ham and Egg Scramble | 13 Oatmeal | 14 French Toast | 15 Potatoes and Eggs |
| 18 English Muffin | 19 Ham and Egg Scramble | 20 Oatmeal | 21 Pancakes | 22 Potatoes and Eggs |
| 25 Bagel | 26 Ham and Egg Scramble | 27 Oatmeal | 28 French Toast | 29 Potatoes and Eggs |

Milk and fruit are included with each breakfast. Alternatives for breakfast are yogurt, string cheese, and cereal

In accordance with federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-@, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). The USDA is an equal opportunity provider and employer.