

Freshwater School

June ~ 2023

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
5 Cereal Hot/Cold	6 French Toast	7 Whole Grain Muffins	8 Potatoes and Eggs	9 English Muffins and Eggs (Plus)
12 Cereal Hot/Cold	13 Fruit Crisp w/ Yogurt	14 Whole Grain Muffins	15	16
19	20	21	22	23
26	27	28	29	30

Milk and Fruit are included with each breakfast

No cost meals provided

*Plus options include cream cheese, peanut butter, jelly, yogurt with granola

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
5 Pizza	6 Fish & Chips Veggie Option	7 Beef or Veggie Stew w/Mashed Potatoes	8 Pasta Primavera w/ or w/out Chicken	9 Chili Verde Tacos w/or w/out Pork
12 Turkey and Cheese or Cheese Sandwiches w/ Chips	13 Pizza	14 Outdoor Picnic w/ Cheeseburgers or Veggie Burgers, Fries & Corn on the Cob	15	16
19	20	21	22	23
26	27	28	29	30

Milk served with each meal

Lunch Includes fresh fruit and vegetables

Vegetarian Option for all meals

No Cost Meals Provided

This institution is an equal opportunity provider and employer