

FRESHWATER SCHOOL MENU

November - 2025
No Cost/Free Meals

BREAKFAST

3 Cereal w/toppings Fruit, nuts, seeds and yogurt	4 French Toast or Pancakes w/fruit sauce	5 Egg & Cheese Sandwich	6 Whole Grain Muffins	7 Potatoes and Eggs
10 LOCAL HOLIDAY NO SCHOOL	11 VETERAN'S DAY NO SCHOOL	12 Egg & Cheese Sandwich	13 Whole Grain Muffins	14 Potatoes and Eggs
17 Cereal w/toppings Fruit, nuts, seeds and yogurt	18 French Toast or Pancakes w/fruit sauce	19 Egg & Cheese Sandwich	20 Whole Grain Muffins	21 Potatoes and Eggs
24 FALL BREAK NO SCHOOL	25 FALL BREAK NO SCHOOL	26 FALL BREAK NO SCHOOL	27 FALL BREAK NO SCHOOL	28 FALL BREAK NO SCHOOL

Fresh fruit, yogurt, and milk are offered daily

Milk substitute available

Cream cheese and nut/seed butters are available as well as egg substitutes

LUNCH

Pizza	Pasta	Classic	Cultural	Soup/Sandwich
3 Pizza – Cheese. Pepperoni, Ham & Pineapple Ceasar Salad	4 Lasagna with Garlic Bread Spaghetti Squash	5 Meatloaf and Mashed Potatoes Corn	6 Chili Verde Pork or Tofu Rice & Beans Cabbage	7 Ginger Carrot Soup Ham & Cheese Sammies Green Salad
10 LOCAL HOLIDAY NO SCHOOL	11 VETERAN'S DAY NO SCHOOL	12 Cheeseburgers or Black bean burgers Fries	13 Burritos Green Beans	14 White Bean and Ham Soup w/rolls Spinach Salad
17 Pizza –Cheese, Pepperoni, Ham and Pineapple Caesar Salad	18 Fettuccini Alfredo With Chicken Broccoli	19 Baked Potato Bar With Chili Green Beans	20 Fish Tacos, Rice and Beans Coleslaw	21 Turkey Soup Corn bread Roasted Autumn Veggie Salad
24 FALL BREAK NO SCHOOL	25 FALL BREAK NO SCHOOL	26 FALL BREAK NO SCHOOL	27 FALL BREAK NO SCHOOL	28 FALL BREAK NO SCHOOL

Fruit, vegetables, and milk are offered daily.

Every meal can be ordered vegetarian.

All meals can be prepared allergen free.