

FRESHWATER SCHOOL MENU

October - 2025

No Cost/Free Meals

BREAKFAST

Sept. 29 Cereal w/toppings Fruit, nuts, seeds and yogurt	Sept. 30 French Toast or Pancakes w/fruit sauce	1 Egg & Cheese Sandwich	2 Whole Grain Muffins	3 Potatoes and Eggs
6 Cereal w/toppings Fruit, nuts, seeds and yogurt	7 French Toast or Pancakes w/fruit sauce	8 Egg & Cheese Sandwich	9 Whole Grain Muffins	10 Potatoes and Eggs
13 Cereal w/toppings Fruit, nuts, seeds and yogurt	14 French Toast or Pancakes w/fruit sauce	15 Egg & Cheese Sandwich	16 Whole Grain Muffins	17 Potatoes and Eggs
20 Cereal w/toppings Fruit, nuts, seeds and yogurt	21 French Toast or Pancakes w/fruit sauce	22 Egg & Cheese Sandwich	23 Whole Grain Muffins	24 Potatoes and Eggs
27 Cereal w/toppings Fruit, nuts, seeds and yogurt	28 French Toast or Pancakes w/fruit sauce	29 Egg & Cheese Sandwich	30 Whole Grain Muffins	31 Potatoes and Eggs

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
Sept. 29 Pizza –Cheese, Pepperoni, Sausage/Peppers Caesar Salad	Sept. 30 Fettuccini Alfredo w/chicken Broccoli	1 Cheeseburger Fries Corn on the Cob	2 Egg fried Rice With Tofu Bok Choy	3 Butternut Squash Soup with Rolls Bean Salad
6 Pizza –Cheese, Pepperoni, Sausage/Peppers Caesar Salad	7 Ricotta Penne Pasta w/chicken Roasted Carrots	8 Baked Potato Bar with rolls Green Beans	9 Fish Tacos Beans & Rice Coleslaw	10 Chicken Soup Quesadillas Green Salad
13 Pizza –Cheese, Pepperoni, Sausage/Peppers Caesar Salad	14 Spaghetti/Beef w/Garlic Bread Broccoli	15 Roasted Chicken Mashed Potatoes Brussel Sprouts	16 Cheese Enchiladas Beans & Rice Green Beans	17 Minestrone Soup Toasted Cheese Sammies Green Salad
20 Pizza –Cheese, Pepperoni, Sausage/Peppers Caesar Salad	21 Macaroni and Cheese Peas	22 Philly Cheesesteaks and fries Green Beans	23 Ramen w/pork or Tofu Corn	24 Cheddar Cauliflower Soup and Rolls Green Salad
27 Pizza –Cheese, Pepperoni, Sausage/Peppers Caesar Salad	28 Parmesan Pesto Pasta & Chicken Cauliflower	29 Turkey Tacos Rice and Beans Coleslaw	30 Pad Thai And Tofu Sauteed Cabbage	31 Pumpkin Soup Empanadas Salad

Fruit, vegetables, and milk offered daily. All meals

Every meal can be ordered vegetarian.

All meals can be prepared allergen free.