

FRESHWATER SCHOOL MENU

January - 2026
No Cost/Free Meals



BREAKFAST

5 Cereal w/toppings Fruit, nuts, seeds and yogurt	6 French Toast or Pancakes w/fruit sauce	7 Egg & Cheese Sandwich	8 Whole Grain Muffins	9 Potatoes and Eggs
12 Cereal w/toppings Fruit, nuts, seeds and yogurt	13 French Toast or Pancakes w/fruit sauce	14 Egg & Cheese Sandwich	15 Whole Grain Muffins	16 Potatoes and Eggs
19 MARTIN LUTHER KING, JR. BIRTHDAY (NO SCHOOL)	20 French Toast or Pancakes w/fruit sauce	21 Egg & Cheese Sandwich	22 Whole Grain Muffins	23 Potatoes and Eggs
26 Cereal w/toppings Fruit, nuts, seeds and yogurt	27 French Toast or Pancakes w/fruit sauce	28 Egg & Cheese Sandwich	29 Whole Grain Muffins	30 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
5 Pizza – Cheese. Pepperoni, Ham & Olive Ceasar Salad	6 Lasagna and Garlic Bread Broccoli	7 Philly Cheesesteaks Fries	8 Pad Thai Bok Choy	9 White Bean Soup w/ham and Cornbread Salad
12 Pizza – Cheese. Pepperoni, Ham & Olive Ceasar Salad	13 Fettuccini Alfredo with Chicken Beans	14 Baked Potato Bar Chili Corn	15 Pork Verde Rice Beans Cabbage	16 Beef Stew Fresh Bread Salad
19 MARTIN LUTHER KING, JR. BIRTHDAY (NO SCHOOL)	20 Parmesan Pesto Pasta w/Chicken Cauliflower	21 Cheeseburgers and Fries	22 Bean and Cheese Burritos Corn	23 Chicken Soup Cheese Quesadillas Salad
26 Pizza – Cheese. Pepperoni, Ham & Olive Ceasar Salad	27 Beef Stroganoff Broccoli	28 BBQ Chicken Smashed Potatoes Brussels Sprouts	29 Fish Tacos Coleslaw	30 Cauliflower Cheddar Soup w/ Cheese Sandwiches Salad

Fruit, vegetables, and milk are offered daily.

Every meal can be ordered vegetarian.

All meals can be prepared allergen free.