

# FRESHWATER SCHOOL MENU

February - 2026  
No Cost/Free Meals

## BREAKFAST

|   |  |                                       |                                       |                                       |
|---|--|---------------------------------------|---------------------------------------|---------------------------------------|
| 2<br>Cereal w/toppings<br>Fruit, nuts, seeds<br>and yogurt  | 3<br>French Toast or<br>Pancakes<br>w/fruit sauce  | 4<br>Egg & Cheese<br>Sandwich         | 5<br>Whole Grain<br>Muffins           | 6<br>Potatoes and<br>Eggs             |
| 9<br>Cereal w/toppings<br>Fruit, nuts, seeds<br>and yogurt  | 10<br>French Toast or<br>Pancakes<br>w/fruit sauce | 11<br>Egg & Cheese<br>Sandwich        | 12<br>Whole Grain<br>Muffins          | 13<br>Potatoes and<br>Eggs            |
| 16<br>PRESIDENTS' WEEK<br>(NO SCHOOL)                       | 17<br>PRESIDENTS' WEEK<br>(NO SCHOOL)              | 18<br>PRESIDENTS' WEEK<br>(NO SCHOOL) | 19<br>PRESIDENTS' WEEK<br>(NO SCHOOL) | 20<br>PRESIDENTS' WEEK<br>(NO SCHOOL) |
| 23<br>Cereal w/toppings<br>Fruit, nuts, seeds<br>and yogurt | 24<br>French Toast or<br>Pancakes<br>w/fruit sauce | 25<br>Egg & Cheese<br>Sandwich        | 26<br>Whole Grain<br>Muffins          | 27<br>Potatoes and<br>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  |
|--|---|--|---|--|
| 2<br>Pizza – Cheese.<br>Pepperoni, Sausage<br>and Peppers<br><br>Ceasar Salad  | 3<br>Ricotta Pasta Penne<br>w/Chicken<br><br>Broccoli | 4<br>Beef Tacos, Rice,<br>and Beans<br><br>Coleslaw      | 5<br>Egg Fried Rice<br>With Pork<br><br>Corn                | 6<br>Chicken Soup,<br>Fresh Bread<br><br>Salad         |
| 9<br>Pizza – Cheese.<br>Pepperoni, Sausage<br>and Peppers<br><br>Ceasar Salad  | 10<br>Spaghetti with Beef<br><br>Green Beans          | 11<br>Fish and Chips<br><br>Cabbage                      | 12<br>Cheese and Bean<br>Enchiladas<br><br>Mixed Vegetables | 13<br>Lentil Soup w/ham<br>Fresh Bread<br><br>Salad    |
| 16<br>PRESIDENTS' WEEK<br>(NO SCHOOL)  | 17<br>PRESIDENTS' WEEK<br>(NO SCHOOL)                 | 18<br>PRESIDENTS' WEEK<br>(NO SCHOOL)                    | 19<br>PRESIDENTS' WEEK<br>(NO SCHOOL)                       | 20<br>PRESIDENTS' WEEK<br>(NO SCHOOL)                  |
| 23<br>Pizza – Cheese.<br>Pepperoni, Sausage<br>and Peppers<br><br>Ceasar Salad | 24<br>Mac and Cheese<br><br>Peas                      | 25<br>Meat Loaf w/<br>Mashed Potatoes<br><br>Green Beans | 26<br>Ramen w/Pork<br><br>Bok Choy                          | 27<br>Chicken Soup,<br>Cheese Quesadillas<br><br>Salad |

Fruit, vegetables, and milk are offered daily.

Every meal can be ordered vegetarian.

All meals can be prepared allergen free.