

FRESHWATER SCHOOL MENU

March - 2026

No Cost/Free Meals

BREAKFAST

2 Cereal w/toppings Fruit, nuts, seeds and yogurt	3 French Toast or Pancakes w/fruit sauce	4 Egg & Cheese Sandwich	5 Whole Grain Muffins	6 Potatoes and Eggs
9 Cereal w/toppings Fruit, nuts, seeds and yogurt	10 French Toast or Pancakes w/fruit sauce	11 Egg & Cheese Sandwich	12 Whole Grain Muffins	13 Potatoes and Eggs
16 Cereal w/toppings Fruit, nuts, seeds and yogurt	17 French Toast or Pancakes w/fruit sauce	18 Egg & Cheese Sandwich	19 Whole Grain Muffins	20 Potatoes and Eggs
23 Cereal w/toppings Fruit, nuts, seeds & yogurt	24 French Toast or Pancakes w/fruit sauce	25 Egg & Cheese Sandwich	26 Whole Grain Muffins	27 Potatoes and Eggs
30 Cereal w/toppings Fruit, nuts, seeds & yogurt	31 French Toast or Pancakes w/fruit sauce	1 Egg & Cheese Sandwich	2 Whole Grain Muffins	3 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
2 Pizza – Cheese, Pepperoni, Sausage and Peppers Ceasar Salad	3 Lasagna Broccoli	4 Philly Cheesesteaks Fries	5 Tofu Chow Mein Carrots	6 Black Bean Soup Cheese Quesadilla Salad
9 Pizza – Cheese, Pepperoni, Sausage and Peppers Ceasar Salad	10 Herbed Parmesan Pasta with Chicken Cauliflower	11 Baked Potato Bar Chili, Cornbread	12 Pork Verde Rice Corn	13 Chicken Soup Fresh Bread Salad
16 Pizza – Cheese, Pepperoni, Sausage and Peppers Ceasar Salad	17 Ricotta Pasta Penne with Chicken Romanesco	18 Cheeseburger Fries	19 Fish Tacos Rice Coleslaw	20 Split Pea Soup with Ham Cornbread Salad
23 Pizza – Cheese, Pepperoni, Sausage and Peppers Ceasar Salad	24 Pesto Pasta with Pork Butternut Squash	25 Baked Chicken Polenta Peas	26 Bean & Cheese Burritos Coleslaw	27 Chicken Soup Fresh Bread Salad
30 Pizza – Cheese, Pepperoni, Sausage and Peppers Ceasar Salad	31 Spaghetti with Beef Broccoli	1 Turkey Tacos Rice Coleslaw	3 Egg Fried Rice with Tofu Bok Choy	3 Cheesy Potato Soup Fresh Rolls Salad

Fruit, vegetables, and milk are offered daily.

Every meal can be ordered vegetarian.

All meals can be prepared allergen free.