

FRESHWATER SCHOOL MENU

May- 2026

No Cost/Free Meals

BREAKFAST

April 27 Cereal w/toppings Fruit, nuts, seeds and yogurt	April 28 French Toast or Pancakes w/fruit sauce	April 29 Egg & Cheese Sandwich	April 30 Whole Grain Muffins	May 1 Potatoes and Eggs
4 Cereal w/toppings Fruit, nuts, seeds and yogurt	5 French Toast or Pancakes w/fruit sauce	6 Egg & Cheese Sandwich	7 Whole Grain Muffins	8 Potatoes and Eggs
11 Cereak w/toppings Fruit, nuts, seeds & yogurt	12 French Toast or Pancakes w/fruit sauce	13 Egg & Cheese Sandwich	14 Whole Grain Muffins	15 Pancakes and Eggs
18 Cereal w/toppings Fruit, nuts, seeds & yogurt	19 French Toast or Pancakes w/fruit sauce	20 Egg & Cheese Sandwich	21 Whole Grain Muffins	22 Potatoes and Eggs
25 MEMORIAL DAY NO SCHOOL	26 French Toast or Pancakes w/fruit sauce	27 Egg & Cheese Sandwich	28 Whole Grain Muffins	29 Potatoes and Eggs

Fresh fruit, yogurt, and milk are offered daily .

Milk substitute is available.

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

LUNCH

Pizza	Pasta	Classic	Cultural	Soup/Salad
April 27 Pizza – Pepperoni, Cheese, Pesto Ricotta Caesar Salad	April 28 Pasta Primavera with Chicken Broccoli	April 29 Meatloaf Mashed Potatoes Green Beans	April 30 Pork Verde Tacos Rice, beans Coleslaw	May 1 Tomato Soup Toasted Cheese Sammies & Salad
4 Pepperoni, Cheese, Sausage and Peppers Caesar Salad	5 Lasagna Green Beans	6 Philly Cheese steaks Fries Salad	7 Rice Noodles with (no) Peanut Sauce Mixed Vegetables	8 Chicken Soup Fresh Bread Salad
11 Pepperoni, Cheese, Sausage & Peppers Caesar Salad	12 Ricotta pasta penne with chicken Roasted Carrots	13 Baked Potato Bar, Chile and Cornbread Salad	14 Egg Fried Rice, Carrots and Peas	15 Split Pea Soup Ham rolls Salad
18 Pepperoni, Cheese, Sausage and Peppers Caesar Salad	19 Creamy Spring pasta with tofu Mixed vegetables	20 Cheeseburger Fries Salad	21 Fish Tacos, Rice, Beans and Corn	22 Chicken Soup Cheese Quesadillas Salad
25 MEMORIAL DAY NO SCHOOL	26 Spaghetti w/Beef Broccoli	27 Sweet & Sour Chicken Rice and Peas	28 Bean and Cheese Burritos Coleslaw	29 Broccoli Cheddar Soup Roll Salad

Fruit, vegetables, and milk are offered daily.

Every meal can be ordered vegetarian.

All meals can be prepared allergen free.