

Freshwater School - September 2026

Breakfast Menu

MONDAY	1 TUESDAY Pancakes or French Toast	2 WEDNESDAY Egg and Cheese Sandwich	3 THURSDAY Whole Grain Muffins	4 FRIDAY Potatoes and Eggs
7 <u>LABOR DAY</u>	8 Pancakes or French Toast	9 Egg and Cheese Sandwich	10 Whole Grain Muffins	11 Potatoes and Eggs
14 Cereal Variety	15 Pancakes or French Toast	16 Egg and Cheese Sandwich	17 Whole Grain Muffins	18 <u>NO SCHOOL</u>
21 Cereal Variety	22 Pancakes or French Toast	23 Egg and Cheese Sandwich	24 Whole Grain Muffins	25 Potatoes and Eggs
28 Cereal Variety	29 Pancakes or French Toast	30 Egg and Cheese Sandwich		

Yogurt, fresh fruits, veggies, and milk are offered daily. Milk substitute available. Cream cheese and nut/seed butters are available as well as egg substitutes.

No Cost/Free Meals

Lunch Menu

MONDAY-PIZZA	1 TUESDAY-PASTA Mac and Cheese Peas	2 WEDNESDAY-CLASSIC Fish Tacos Rice, beans Bok choy	3 THURSDAY-ETHNIC Sweet and Sour Chicken or tofu	4 FRIDAY <i>SOUP/SALAD/SANDWICH</i> Corn Chowder Ham and cheese Sammie's Salad
7 Pepperoni Cheese Sausage	8 Rice Noodles Chicken and Broccoli or tofu	9 Philly Cheesesteaks Fries Salad	10 Enchiladas Bean and Cheese Green beans	11 <i>Soup/Sandwich/Salad</i> Chicken Tortilla Cheese quesadillas Salad
14 Pepperoni Cheese Sausage	15 Baked Ziti Green beans	16 Baked Potato Bar Chili Cornbread Salad	17 Egg fried Rice with Pork or Tofu Bok choy	18 <i>Soup/Sandwich/Salad</i> Chicken Coconut Curry Soup Rice balls Salad
21 Pepperoni Cheese Sausage	22 Creamy pasta with Beef or vegetarian Broccoli	23 BBQ chicken sandwiches Fries Coleslaw	24 Tacos Beef or tofu Rice and beans Corn	25 <i>Soup/Sandwich/Salad</i> Broccoli Cheddar Soup Cheeses sandwiches Salad
28 Pepperoni Cheese Sausage	29 Spaghetti Beef or Vegetarian Spinach	30 Fajitas Chicken or Tofu Rice Peppers		

Fresh fruit, vegetables, and milk offered daily. Every meal can be ordered vegetarian. All meals can be prepared allergen free.

No Cost/Free Meals