

Freshwater School - October 2026

No cost/Free meals

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28 Cereal Variety	29 Pancakes or French Toast	30 Egg and Cheese Sandwich	1 Whole Grain Muffins	2 Potatoes and Eggs
5 Cereal Variety	6 Pancakes or French Toast	7 Egg and Cheese Sandwich	8 Whole Grain Muffins	9 Potatoes and Eggs
12 Cereal Variety	13 Pancakes or French Toast	14 Egg and Cheese Sandwich	15 Whole Grain Muffins	16 Potatoes and Eggs
19 Cereal Variety	20 Pancakes or French Toast	21 Egg and Cheese Sandwich	22 Whole Grain Muffins	23 Potatoes and Eggs
26 Cereal Variety	27 Pancakes or French Toast	28 Egg and Cheese Sandwich	29 Whole Grain Muffins	30 Potatoes and Eggs

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

Lunch Menu

Monday-Pizza	Tuesday-Pasta	Wednesday-Classic	Thursday-Ethnic	Fri-Soup/Sandwich
28 Pepperoni Cheese Sausage Caesar salad	29 Spaghetti Beef or Vegetarian Spinach	30 Fajitas Chicken or Tofu Rice Peppers	1 Chow Mein Chicken or tofu Bok Choy	2 Broccoli Cheddar Rolls Salad Vegetable Variety
5 Pepperoni Cheese Ham & Pineapple Caesar salad	6 Ricotta Penne Chicken or Tofu Green Beans	7 Meatloaf Vegetarian Meatloaf Mashed Potatoes	8 Ramen Pork & Tofu Greens	9 Chicken Vegetable & Vegetable Soup Cheese sandwich Salad
12 Pepperoni Cheese Ham & Pineapple Caesar salad	13 Lasagna Spinach	14 Parmesan Chicken Sandwiches Fries Salad	15 Broccoli Beef Or Tofu	16 Minestrone Cheese rolls Salad
19 Pepperoni Cheese Ham & Pineapple Caesar salad	20 Pasta Parmesan Chicken or Tofu Cauliflower	21 Cheeseburgers Beef and Veggie Fries Coleslaw	22 Burritos Vegetarian Coleslaw	23 Chicken & Rice Soup Cheese quesadillas Salad
26 Pepperoni Cheese Ham & Pineapple Caesar salad	27 Mac & Cheese Peas	28 Tacos Fish or Tofu Beans and rice Coleslaw	29 Sweet & Sour Chicken or Tofu Steamed Rice Broccoli	30 Pumpkin Soup Turkey & Cheese Sandwiches Salad

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