Freshwater School - November 2026

No cost/Free meals

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Variety	**3** Pancakes or French Toast	**4** Egg and Cheese Sandwich	**5** Whole Grain Muffins	**6** Potatoes and Eggs
9 Cereal Variety	**10** Pancakes or French Toast	**11** **VETERAN'S DAY**	**12** Whole Grain Muffins	**13** Potatoes and Eggs
16 Cereal Variety	**17** Pancakes or French Toast	**18** Egg and Cheese Sandwich	**19** Whole Grain Muffins	**20** Potatoes and Eggs
23 **FALL BREAK**	**24** **FALL BREAK**	**25** **FALL BREAK**	**26** **FALL BREAK**	**27** **FALL BREAK**
30 Cereal Variety				

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-Breakfast4Lunch
2 Pepperoni Cheese Sausage Caesar salad	**3** Baked Ziti Green Beans	**4** Philly Cheesesteak Fries Salad	**5** Bean & Cheese Enchiladas	**6** Egg and Cheese Sando Avocado
12 Pepperoni Cheese Ham & Pineapple Caesar Sala	**10** Creamy Parmesan Pasta Chicken or Vegetarian Carrots	**11** **VETERAN'S DAY**	**12** Tofu Chow Mein Corn	**13** Pancakes and Eggs
16 Pepperoni Cheese Ham & Pineapple Caesar salad	**17** Beef Spaghetti Vegetarian Spaghetti Green Beans	**18** Baked Potato Bar Vegetarian Chili Corn Bread	**19** Tacos Beef or Tofu Pinto Beans	**20** Quiche, Ham and Cheese Toast Rainbow
23 **FALL BREAK**	**24** **FALL BREAK**	**25** **FALL BREAK**	**26** **THANKSGIVING**	**27** **FALL BREAK**
30 Pepperoni Cheese Ham & Pineapple Caesar salad	**December 1st** Baked Ziti Carrots	**December 2** Breaded Chicken Sandos Fries	**December 3** Egg Fried Rice Pork or Tofu Peas	**December 4** Egg and Cheese Sando Salad

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

Freshwater School District is an equal opportunity provider.