

# Freshwater School ~ October, 2024

## BREAKFAST

<b>30</b>	<b>October 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>French Toast</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>Pancakes</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>Waffle</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>French Toast</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov. 1</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>NO SCHOOL (Inservice)</b>

Fresh fruit, yogurt, and milk are offered daily

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

Milk substitute available

**No Cost/Free Meals**

## LUNCH

	Pizza	Pasta	Classic	Cultural	Soup/Sandwich
<b>30</b>	<b>October 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	Pasta Primavera w/chicken	Fish and Chips	Ramen with Pork and Egg	Lemon Chicken Soup and House Rolls	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	Baked Ziti	Beef Stew	Chicken Parmesan Over Pasta	Broccoli/Cheddar Soup w/ Corn Bread	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	Beef Stroganoff Egg Noodles	Chili w/Beef and Polenta	Egg Fried Rice w/Pork	Chicken Noodle Soup w/ House rolls	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	Ricotta Pasta Penne w/chicken	Cheeseburgers and Fries	Fish Tacos	Minestrone Soup w/Quesadillas	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov. 1</b>	
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	Spaghetti w/ Beef and Garlic Bread	Roasted Lemon Chicken	Pad Thai	<b>NO SCHOOL (Inservice)</b>	

Fresh fruit, vegetables, and milk offered daily

Every meal can be ordered vegetarian

All meals can be prepared allergen free

**No Cost/Free Meals**