

Freshwater School Menu, January, 2025

BREAKFAST

6 Cereal Hot or Cold	7 Egg Sandwiches	8 Whole Grain Muffins	9 Potatoes and Eggs	10 Waffles
13 Cereal Hot or Cold	14 Egg Sandwiches	15 Whole Grain Muffins	16 Potatoes and Eggs	17 French Toast
20 Martin Luther King, Jr. Holiday NO SCHOOL	21 Egg Sandwiches	22 Whole Grain Muffins	23 Potatoes and Eggs	24 Pancakes
27 Cereal Hot and Cold	28 Egg Sandwiches	29 Whole Grain Muffins	30 Potatoes and Eggs	31 Waffles

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
6 Pizza –Cheese, Pepperoni, or Sausage	7 Ricotta Pasta Penne w/Chicken	8 Cheese Burgers and Fries	9 Fish Tacos	10 Chicken Soup with rolls
13 Pizza –Cheese, Pepperoni, or Sausage	14 Spaghetti w/ Beef & Garlic Bread	15 Roasted Lemon Chicken	16 Pad Thai	17 Broccoli Cheddar Soup w/Cheese Sandwiches
20 Martin Luther King Jr. Holiday (NO SCHOOL)	21 Herb Parmesan Pasta w/ Chicken	22 Baked Potato with Chili	23 Pork Verdé w/Tortillas	24 Mexican Chicken Soup Quesadillas
27 Pizza – Cheese, Pepperoni, or Sausage	28 Macaroni and Cheese	29 Meatloaf with Mashed Potatoes	30 Burritos	31 Lentil soup with Ham & Cheese Sandwiches

Fresh fruit, vegetables, and milk offered daily

Every meal can be ordered vegetarian

All meals can be prepared allergen free

No Cost/Free Meals