

Freshwater School Menu ~ March, 2025

BREAKFAST

3 Cereal Hot or Cold	4 Egg/Cheese Sandwiches	5 Potatoes and Eggs	6 Whole Grain Muffins	7 French Toast
10 Cereal Hot or Cold	11 Egg/Cheese Sandwiches	12 Potatoes and Eggs	13 Whole Grain Muffins	14 French Toast
17 Cereal Hot or Cold	18 Egg/Cheese Sandwiches	19 Potatoes and Eggs	20 Whole Grain Muffins	21 French Toast
24 Cereal Hot or Cold	25 Egg/Cheese Sandwiches	26 Potatoes and Eggs	27 Whole Grain Muffins	28 French Toast

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
3 Pizza –Cheese, Pepperoni, or Olive	4 Ricotta Pasta Penne w/Chicken	5 Cheeseburgers and Fries	6 Fish Tacos	7 Chicken Soup and Rolls
10 Pizza – Cheese, Pepperoni, or Olive	11 Spaghetti with Garlic Bread	12 Roasted Lemon Chicken	13 Pad Thai	14 Broccoli Cheddar Soup/ Cheese Sammies
17 Pizza – Cheese, Pepperoni, or Olive	18 Herb Parmesan Pasta w/Chicken	19 Baked Potato and Chili Bar	20 Pork Verde with Tortillas	21 Chicken Soup and Rolls
24 Pizza – Cheese, Pepperoni, or Olive	25 Macaroni and Cheese	26 Meatloaf with Mashed Potatoes	27 Burritos	28 Black Bean Soup and Ham 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