

## ***Freshwater School - September 2026***

### **Breakfast Menu**

|                                     |           |                                                  |                                               |                                                                                     |                                      |
|-------------------------------------|-----------|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------|
| <b>MONDAY</b>                       | <b>1</b>  | <b>TUESDAY</b><br>Pancakes<br>or<br>French Toast | <b>2 WEDNESDAY</b><br>Egg and Cheese Sandwich | <b>3 THURSDAY</b><br>Whole Grain<br>Muffins                                         | <b>4 FRIDAY</b><br>Potatoes and Eggs |
| <b>7</b><br><b><u>LABOR DAY</u></b> | <b>8</b>  | Pancakes<br>or<br>French Toast                   | <b>9</b><br>Egg and Cheese Sandwich           | <b>10</b><br>Whole Grain<br>Muffins                                                 | <b>11</b><br>Potatoes and Eggs       |
| <b>14</b><br>Cereal<br>Variety      | <b>15</b> | Pancakes<br>or<br>French Toast                   | <b>16</b><br>Egg and Cheese Sandwich          | <b>17</b><br>Whole Grain<br>Muffins                                                 | <b>18</b><br><b><u>NO SCHOOL</u></b> |
| <b>21</b><br>Cereal<br>Variety      | <b>22</b> | Pancakes<br>or<br>French Toast                   | <b>23</b><br>Egg and Cheese Sandwich          | <b>24</b><br>Whole Grain<br>Muffins                                                 | <b>25</b><br>Potatoes and Eggs       |
| <b>28</b><br>Cereal<br>Variety      | <b>29</b> | Pancakes<br>or<br>French Toast                   | <b>30</b><br>Egg and Cheese Sandwich          |  |                                      |

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

### **No Cost/Free Meals**

### **Lunch Menu**

|                                                                 |                                                              |                                                             |                                                                         |                                                                       |                                                                                                             |
|-----------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>MONDAY-PIZZA</b>                                             | <b>1</b>                                                     | <b>TUESDAY-PASTA</b><br>Mac and Cheese<br><br>Peas          | <b>2 WEDNESDAY-CLASSIC</b><br>Fish Tacos<br>Rice, beans<br><br>Bok choy | <b>3 THURSDAY-ETHNIC</b><br>Sweet and Sour Chicken<br>or tofu         | <b>4 FRIDAY</b><br><b><u>SOUP/SALAD/SANDWICH</u></b><br>Corn Chowder<br>Ham and cheese<br>Sammie's<br>Salad |
| <b>7</b><br><b><u>LABOR DAY</u></b>                             | <b>8</b>                                                     | Rice Noodles<br>Chicken or tofu<br>Broccoli                 | <b>9</b> Philly Cheesesteaks<br>Fries<br>Salad                          | <b>10</b> Enchiladas<br>Bean and Cheese<br>Green beans                | <b>11</b> Chicken Tortilla<br>Soup<br>Cheese quesadillas<br>Salad                                           |
| <b>14</b><br>Pepperoni<br>Cheese<br>Sausage<br>Caesar salad     | <b>15</b><br>Baked Ziti<br><br>Green beans                   | <b>16</b> Baked Potato Bar<br>Chili<br>Cornbread<br>Salad   | <b>17</b> Egg fried Rice<br>with Pork or Tofu<br>Bok choy               | <b>18</b><br><b><u>NO SCHOOL</u></b>                                  |                                                                                                             |
| <b>21</b><br>Pepperoni<br>Cheese<br>Sausage<br><br>Caesar salad | <b>22</b> Creamy pasta<br>Beef or vegetarian<br><br>Broccoli | <b>23</b> BBQ chicken sandwiches<br>Fries<br><br>Coleslaw   | <b>24</b> Tacos<br>Beef or tofu<br>Rice and beans<br><br>Corn           | <b>25</b> Broccoli Cheddar<br>Soup<br>Cheeses sandwiches<br><br>Salad |                                                                                                             |
| <b>28</b><br>Pepperoni<br>Cheese<br>Sausage<br><br>Caesar salad | <b>29</b> Spaghetti<br>Beef or Vegetarian<br><br>Spinach     | <b>30</b> Fajitas<br>Chicken or Tofu<br>Rice<br><br>Peppers |                                                                         |                                                                       |                                                                                                             |

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

### **No Cost/Free Meals**