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ALL Student Meals are FREE - Meal includes main entrée, fresh fruit and milk

FALL 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrées	Egg and Bacon Sandwich	Burrito (meat and no meat)	Bagel w/ Cream Cheese 	Eggs w/ Potatoes & Croissant 	Chilaquiles  
Bakery Items	Mini Waffles w/ syrup 	Fresh Baked Muffins 	Fresh Baked Cinnamon Rolls 	Fresh Baked Muffins 	French Toast sticks w/ syrup 
Grab & Go Parfait	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  
Cereals	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  

<p>Staff Prices: Brunch = \$4.50 Lunch = \$6.00</p>	<p>Fresh, locally-sourced produce offered daily. Water and second meals can be purchased with funds in student accounts. For more information, go to https://www.fuhsd.org/departments/nutrition-services</p> <p><i>Menu subject to change based on availability - This institute is an equal opportunity provider</i></p>	
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KEY:  = Dairy Free  = Gluten Free  = Vegetarian  = Vegan



FREMONT CAFÉ LUNCH MENU - FALL 2024



ALL Student Meals are FREE - Meal includes main entrée, fresh fruit, vegetable and milk

FALL 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée	Asian Chicken Rice Bowl 	Spicy Chicken Sandwich w/ oven baked Fries	Pasta Bolognese	Chicken Tikka Masala w/ Rice 	Chili Verde with Spanish Rice
Deli Delights	Grilled Cheese Sandwich 	Vegan Chili w/ Breadstick 	Santa Fe Vegetarian Wrap 	Philly Cheesesteak Sandwich	Deli style Turkey Sub
No Meat Zone	Tofu Rice Bowl 	Plant based Burger w/ oven baked Fries 	Vegetarian Pasta 	Tofu Tikka Masala w/ Rice 	Tofu Chili Verde with Spanish Rice
Grab & Go	Southwest Chicken Salad Yogurt Parfait House Salad 	Southwest Chicken Salad Yogurt Parfait House Salad 	Southwest Chicken Salad Yogurt Parfait House Salad 	Southwest Chicken Salad Yogurt Parfait House Salad 	Southwest Chicken Salad Yogurt Parfait House Salad
Pizzeria	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni
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