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

SPRING 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée	Veggie Omelet w/Texas Toast	Breakfast Burrito (meat and no meat)	Eggs w/Hash Browns w/Croissant 	Bagel w/ cream cheese 	Pancakes w/ bacon and syrup
Bakery Items	Fresh baked Scones 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 
Parfaits & Overnight Oats GF/ Zone	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  

Staff Prices:	Fresh, locally-sourced produce offered daily. Regular and Non Dairy Milk options are available daily. Second meals can be purchased with funds in student accounts.
Brunch = \$4.50	For more information, go to https://www.fuhsd.org/departments/nutrition-services
Lunch = \$6.00	Menu subject to change based on availability - This institute is an equal opportunity provider



KEY:



= Dairy Free



Gluten Free



= Vegetarian



= Vegan



FREMONT CAFÉ LUNCH MENU - SPRING 2024



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

SPRING 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée	Asian Chicken Rice Bowl 	Chicken Tikka Masala w/ rice 	Cheeseburger w/ oven baked fries w/ knot bun	Chicken Burrito	Pasta Bolognese w/ Garlic Bread
Deli Delights	Turkey Sub Sandwich	Nashville Chicken Wrap	Santa Fe Vegetarian Wrap 	Grilled Cheese Sandwich 	Roasted Vegetable Sandwich
No Meat Zone	Vegan Chili w/ or w/o breadstick 	Tofu Tikka Masala w/ rice 	Black Bean Burger w/ oven baked fries w/ knot bun 	Vegetarian Burrito 	Pasta w/ Garlic Bread
Grab & Go Salads	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad
Pizzeria	Cheese Pepperoni 	Cheese Pepperoni 	Cheese Pepperoni 	Cheese Pepperoni 	Cheese Pepperoni

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