
































# FREMONT CAFÉ BRUNCH MENU-SPRING 2025



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

SPRING 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrées</b>	Egg and Ham Sandwich	Burrito (meat and no meat)	Bagel w/ Cream Cheese 	Eggs w/ Potatoes & Croissant 	Chilaquiles  
<b>Bakery Items</b>	Waffles w/ syrup 	Fresh Baked Muffins 	Fresh Baked Cinnamon Rolls 	Fresh Baked Muffins 	French Toast sticks w/ syrup 
<b>Grab &amp; Go Parfait</b>	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 
<b>Cereals</b>	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  

<p><b>Staff Prices:</b> 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 <a href="https://www.fuhd.org/departments/nutrition-services">https://www.fuhd.org/departments/nutrition-services</a></p> <p><b>Menu subject to change based on availability - This institute is an equal opportunity provider</b></p>	
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**KEY:**  = Dairy Free     = Gluten Free     = Vegetarian     = Vegan



# FREMONT CAFÉ LUNCH MENU - SPRING 2025



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

SPRING 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrée</b>	Thai Chili Chicken w/ Rice 	Nashville Chicken Tenders w/ Fries	Pasta Bolognese	Chicken Tikka Masala w/ Rice 	Carnitas Burrito Bowl 
<b>Deli Delights</b>	Grilled Cheese Sandwich 	Vegan Chili w/ Breadstick 	Nashville Chicken Wrap	Pulled Pork Sandwich	Italian Melt
<b>No Meat Zone</b>	Tofu Rice Bowl 	Plant based tenders w/ Fries 	Vegetarian Pasta 	Tofu Tikka Masala w/ Rice 	Vegetarian Burrito Bowl 
<b>Grab &amp; Go</b>	Southwest Chicken Salad Yogurt Parfait  Kale House Salad 	Southwest Chicken Salad Yogurt Parfait  Kale House Salad 	Southwest Chicken Salad Yogurt Parfait  Kale House Salad 	Southwest Chicken Salad Yogurt Parfait  Kale House Salad 	Southwest Chicken Salad Yogurt Parfait  Kale House Salad 
<b>Pizzeria</b>	Cheese  Pepperoni	Cheese  Pepperoni	Cheese  Pepperoni	Cheese  Pepperoni	Cheese  Pepperoni
<b>Staff Prices:</b> Brunch = \$4.50 Lunch = \$6.00	<p>Fresh, locally-sourced produce offered daily. Water and second meals can be purchased with funds in student accounts. For more information, go to <a href="https://www.fuhsd.org/departments/nutrition-services">https://www.fuhsd.org/departments/nutrition-services</a></p> <p><b>Menu subject to change based on availability - This institute is an equal opportunity provider</b></p> 				

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