

FREMONT CAFÉ LUNCH MENU

Feb & Mar



FIREBIRD FAVORITES

- Mon.** Asian Chicken Stir Fry w/ Noodles and a Fortune Cookie
- Tue.** Nacho Bar & Taco Bar (Alternating weeks)
- Wed.** BBQ Day: Burgers, Italian Sausage, Rib-a-Que, Veggie Burgers
- Thu.** Baked Chicken w/ Veggies and a Dinner Roll
- Fri.** Chicken Alfredo w/ Capri Vegetables

PIZZERIA

Delicious and freshly baked fusion pizzas delivered daily from a local vendor

Daily Pizza: Cheese Pizza is served every day.

Choose from an assortment of freshly baked pizzas each day including:



- Butter Chicken**
- Shahi Paneer**
- Pepperoni**
- Cheese**



DELI DELIGHTS

Made fresh on whole grain bread and served with a variety of local fruits and vegetables.

Daily Sandwich: Turkey is served every day.

Sandwich of the Day

- Mon.** Grilled Cheese w/ Soup
- Tue.** Pulled Pork w/ Slaw
- Wed.** Ham and Cheese
- Thu.** Spicy Chicken Sandwich
- Fri.** Italian Panini

VEGETARIAN SPECIALS

- Mon.** Asian Veggies, Brown Rice and Salad Bar
- Tue.** Nacho Bar & Taco Bar (Alt. weeks)
- Wed.** BBQ Day: Veggie Burgers
- Thu.** Vegan Nuggets w/ Baked Beans
- Fri.** Pasta w/ Alfredo Sauce & Capri Veggies

FRIDAY FAVORITES

Every Friday, we feature an item that has proven popular with our students. This month's Friday Favorite:

Lasagna Roll-Ups

FARMERS MARKET

Locally grown fresh vegetables and salads are available every day. Seasonal availability will vary for all selections.

Salad Bar

Make your own salad from a selection of fresh seasonal vegetables and fruits. Available daily!

Grab and Go

Chicken Caesar Salad in a convenient Grab & Go container is available every day.


PRICES & PAYMENT

Student Prices		Staff Prices	
\$ 4.50	Lunch	\$ 5.50	Lunch
\$ 3.00	Brunch	\$ 4.00	Brunch

Payment Options

Purchases can be made w/ cash or by using our online account system. Accounts can be replenished on-line using debit/credit cards or in person with cash or check. Go to:

www.fuhsd.org/departments/food-services

 Meat alternatives available w/ all vegetarian specials.

Menus are subject to change due to availability.