



OCTOBER 22-26, 2018

FREDERICA ACADEMY MIDDLE SCHOOL + UPPER SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	ENTRÉE	ENTRÉE	ENTRÉE	PIZZA DAY (2 SLICES)
BBQ SLIDERS	HOMEMADE CHICKEN	BAKED SPAGHETTI	GRILLED CHEESE OR	CHEESE PIZZA OR
MASHED POTATOES	+ DUMPLINGS	GREEN BEANS	HAM AND CHEESE	PEPPERONI PIZZA
GLAZED CARROTS	FRUIT	FRUIT	SANDWICH	SIDE SALAD
FRUIT	LIMA BEANS		VEGETABLE SOUP	VEGGIE CUP OR
			FRUIT	FRUIT CUP
SANDWICH COMBO	SANDWICH COMBO	SANDWICH COMBO	SANDWICH COMBO	SANDWICH COMBO
SANDWICH OF THE DAY	SANDWICH OF THE DAY	SANDWICH OF THE DAY	SANDWICH OF THE DAY	SANDWICH OF THE DAY
VEGGIE + FRUIT CUP	VEGGIE + FRUIT CUP	VEGGIE + FRUIT CUP	VEGGIE + FRUIT CUP	DAY
				VEGGIE + FRUIT CUP

ICE CREAM DAY

- SOUP AND OTHER ITEMS MAY BE ON THE FOOD LINE THAT ARE NOT DETAILED ON THE MENU.
- SANDWICH OF THE DAY WILL ALWAYS INCLUDE A PEANUT BUTTER + JELLY (PB+J) AND TURKEY OR HAM WITH CHEESE ON WHOLE WHEAT BREAD. THERE WILL ALSO BE WRAPS, MINI-SUBS AND PITA SANDWICHES OFFERED OCCASIONALLY THAT ARE NOT LISTED ON THE MENU.
- SALADS AND PROTEIN SNACK COMBOS WITH A VARIETY OF CHEESE, FRUIT, HUMMUS, PEANUT BUTTER, CRACKERS AND VEGGIES WILL ALSO BE ON THE SALAD BAR DAILY ALONG WITH FRESH FRUIT.
- YOGURT CUPS, STRING CHEESE, GO-GURT STICKS, GRANOLA BARS, NUTRIA-GRAIN BARS AND PEANUT PACKS ARE IN THE COOLER OR COUNTER.
- FACULTY + STAFF ARE WELCOME TO JOIN CHEF AUSTIN DURING MS AND US BREAK FOR BREAKFAST.