October 15-18, 2018

Frederica Academy Middle School + Upper School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Mozzarella Sticks Marinara Sauce Pasta + Meatballs Green Beans	**Entrée** Baked Chicken Mashed Potatoes Steamed Broccoli with Cheese	**Entrée** Grilled Chicken Tacos Mexican rice with Black Beans Corn, Peas + Carrots	**Pizza Day** Cheese Pizza or Pepperoni Pizza (2 slices) Side Salad Veggie or Fruit Cup	**No School** **Parent Teacher Conference Day**
Sandwich Combo Sandwich of the Day Veggie + Fruit Cup	**Sandwich Combo** Sandwich of the Day Veggie + Fruit Cup	**Sandwich Combo** Sandwich of the Day Veggie + Fruit Cup	**Sandwich Combo** Sandwich of the 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.