



October 2017

PRE-K & K - FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
Chicken Tenders Mashed Potatoes Fruit Salad	Beef and Cheese Tacos Rice Side Salad	Hamburger Sliders Macaroni and Cheese Broccoli Fruit	Cheese Pizza Side Salad Fruit	Parent Conferences No lunch
23	24	25	26	27
Grilled Ham & Cheese Sandwich Salad Fruit Yogurt	Beef Macaroni Steamed Broccoli Salad Bread	Baked Chicken Mashed Potatoes Vegetable Yogurt	Fish Sticks Oven Baked French Fries Steamed Carrots Fruit	Cheese Pizza Side Salad Fruit
30	31			
Beef and Cheese Nachos Rice Salad Fruit	Spaghetti and Meatballs Salad Fruit Bread			