



**Pre-K + K
MENU**

November 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
October 30	October 31	1	2	3
Entrée Ham and Cheese Pin Wheel Rollups Mashed Potatoes Fruit	Entrée Chicken Tenders Macaroni and Cheese Peas and Carrots	Entrée Turkey and Cheese Sandwich Side Salad Yogurt and Pretzels	Entrée Hamburger Sliders Salad Fruit	Entrée Cheese or Pepperoni Pizza Corn Fruit Chef Salad with Crunchy Chicken Assorted Sandwiches
6	7	8	9	10
Entrée Baked Spaghetti Salad Fruit Bread	Entrée Nachos with Cheese and Ground Beef Seasoned Rice Fruit	Entrée Grilled Cheese Sandwich Vegetable Sticks with Fruit Yogurt Side Salad	Entrée Turkey and Cheese Pin Wheel Rollups Mashed Potatoes Fruit	Entrée Cheese Pizza Side Salad Fruit Ice Cream Day
13	14	15	16	17
Chicken Tenders Mashed Potatoes Salad Fruit	Beef and Cheese Nachos Seasoned Rice Salad	Hamburger Sliders Macaroni and Cheese Broccoli Fruit	Fish Stick Fillets Mashed Potatoes Salad Fruit	Pizza Day Cheese and Pepperoni Pizza Salad