

November 2016

FREDERICA ACADEMY

Assorted Sandwiches:

There will be an assortment of hot and cold sandwiches and wraps offered daily.

Salad Bar:

Salad bar will have a variety of condiments on it along with meat items (Ham-Turkey-Tuna-Chicken Salad-Cheese-Egg Salad-Fruit).

Monday	Tuesday	Wednesday	Thursday	Friday
October 31	1	2	3	4
Entrée Meatloaf -BBQ Chicken Mashed Potatoes and Gravy-Steamed Rice-Vegetables-Salad Or Grilled Cheese-Soup-Salad bar	Entree Assorted Pasta Bar Chicken-Meatballs-Meat Sauce-Marinara-Alfredo-Vegetables-Toss Salad Or Grilled Cheese and Ham and Cheese with Soup or Salad Or Assorted Sandwiches-Soup-Salad Bar	Entrée Sloppy Joe's-Fried Grilled Potatoes-Vegetable Or Hot Dog-Grilled Potatoes-Vegetable Or Assorted Sandwiches-Soup-Salad	Entrée BBQ Ribs-Fried Potatoes-Vegetables Or Corn Dogs-Fried Potatoes-Vegetables Or Assorted Sandwiches-Salad Bar	Entrée Pepperoni or Cheese Pizza-Cheese Burgers-Vegetables Assorted Salads (Pasta Salad, Toss Salad)
7	8	9	10	11
Entrée Cheese Burger-Hot Dog-Baked Chicken-Vegetables-Salad Or Assorted Sandwiches-Salad Bar	Entrée Beef Macaroni-Corn Dogs-Steamed Rice-Vegetables Or Assorted Sandwiches-Soup-Salad Bar	Entrée Taco Bar-Beef-Grilled Cheese-Red Beans and Rice-Vegetables-Salad Or Assorted Sandwiches-Soup-Salad		Entrée Pepperoni and Cheese Pizza-Burger-Hot Dogs-Sausage Dogs-Cold Cuts Sides Grilled Potatoes-Assorted Chips-Chili-Grilled Onions-Peppers-Lettuce Tomatoes-Pickles Soup and Salad Bar