



Pre-K + K
MENU

December 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday	
November 27	November 28	November 29	November 30		1
Beef and Cheese Nachos Seasoned Rice Fruit	Chicken Tenders Mashed Potatoes Peas and Carrots	Baked Chicken Side Salad Yogurt and Pretzels	Grilled Ham and Cheese Salad Fruit	Cheese Pizza Vegetable Salad	
4	5	6	7	8	
Baked Fish Stick Fillets Steamed Broccoli Fruit Bread	Nachos with Cheese and Ground Beef Steamed Rice Salad	Grilled Cheese Sandwich Vegetable sticks with Yogurt Fruit	Turkey and Cheese Pin Wheel Rollups Mashed Potatoes Fruit	Cheese Pizza Salad Fruit	
11	12	13	14	15	
Chicken Tenders Mashed Potatoes Salad	Hamburger Sliders French Fries Salad Fruit	Baked Spaghetti Salad Fruit	Ham and Cheese Pinwheels Hummus and Vegetable sticks	Cheese Pizza Vegetable Salad	
18	19	20	21	22	
Chicken Tenders Mashed Potatoes Vegetables	Nachos with Ground Beef and Cheese-Tossed Salad Fruit	Noon Dismissal – No Lunch	Holiday Break – No School	Holiday Break – No School	