



Grades PK - K  
MENU

September 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
		4	5	6
Meatball Subs Mashed Potatoes Fruit		Chicken and Pasta with Vegetables Fruit	Cheeseburger French Fries Salad	Cheese Pizza Salad Fruit
				Ice Cream Day
10	11	12	13	14
Chicken Tenders Mashed Potatoes Glazed Carrots	Grilled Ham and Cheese Steamed Rice Side Salad	Ham and Cheese Pin Wheels Salad Vegetables	BBQ Sliders Baked Beans Fruit	Cheese Pizza Side Salad Fruit Chef Salad with Ham
				Ice Cream Day
17	18	19	20	21
Turkey and Cheese Sandwich Pasta Salad with Vegetables Fruit	Beef Macaroni Steamed Broccoli Fruit	Baked Chicken Hash Brown Potatoes Vegetables	Mini Meatball Sub Steamed Carrots Salad	Cheese Pizza Salad Fruit
				Ice Cream Day
24	25	26	27	28
Chicken Biscuits Pasta Salad	Spaghetti and Meatballs Side Salad Fruit	Hamburger Sliders French Fries Side Salad	Baked Chicken + Seasoned Rice Vegetables	Cheese Pizza Side Salad Fruit
				Ice Cream Day