




Pre-K + K
MENU

November 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
13 Chicken Tenders Mashed Potatoes Salad Fruit	14 Beef and Cheese Nachos Seasoned Rice Salad	15 Hamburger Sliders Macaroni and Cheese Broccoli Fruit	16 Thanksgiving Meal Sliced Turkey Mashed Potatoes Green Beans	17 Cheese Pizza Side Salad Fruit
20 Chicken Tenders Steamed Rice Vegetable Salad	21 Ham and Cheese Pinwheels Steamed Broccoli Salad	22 Thanksgiving Break - No School	 23 Thanksgiving Break - No School	24 Thanksgiving Break - No School
27 Beef and Cheese Nachos Seasoned Rice Salad	28 Chicken Tenders Salad Fruit Bread	29 Baked Chicken Mac and Cheese Vegetable	30 Grilled Cheese Seasoned Rice Vegetable	December 1 Cheese Pizza Vegetable Salad