



September 2017

PRE-K & K - FREDERICA ACADEMY

Monday

Tuesday

Wednesday

Thursday

Friday

18

No School

Fish Fillets
Steamed Broccoli
Salad
Bread

19

Baked Chicken
Mashed Potatoes
Vegetables
Yogurt

20

Corn Dogs
Macaroni and Cheese
Steamed Carrots

21

Cheese Pizza
Vegetables
Fruit

22

25

Beef and Cheese Nachos
Seasoned Rice
Salad
Fruit

Spaghetti and Meatballs
Salad
Fruit
Bread

26

Grilled Ham & Cheese
Vegetable
Fruit
Yogurt

27

Baked Chicken
Peas and Carrots
Salad
Fruit
Bread

28

Cheese Pizza
Salad or Vegetables
Fruit

29