



October 2017

PRE-K & K - FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Ham and Cheese Pin Wheels Rollups Mashed Potatoes Fruit	Chicken Tenders Macaroni and Cheese Peas and Carrots	Turkey and Cheese Sandwich Side Salad Yogurt and Pretzels	Hamburger Sliders Salad Fruit	Cheese Pizza Corn Fruit
9	10	11	12	13
Baked Spaghetti Salad Fruit Bread	Nachos with Ground Beef and Cheese Rice Fruit	Grilled Cheese Vegetable Sticks with Fruit Yogurt Side Salad	Turkey and Cheese Pin Wheels Mashed Potatoes Fruit	Cheese Pizza Side Salad Fruit
16	17	18	19	20
Chicken Tenders Mashed Potatoes Fruit Salad	Beef and Cheese Tacos Rice Side Salad	Hamburger Sliders Macaroni and Cheese Broccoli Fruit	Cheese Pizza Side Salad Fruit	No lunch PARENT-TEACHER CONFERENCE DAY!