

October 2016

FREDERICA ACADEMY

Assorted Sandwiches:

There will be an assortment of hot and cold sandwiches and wraps offered daily.

Salad Bar:

Salad bar will have a variety of condiments on it along with meat items (Ham-Turkey-Tuna-Chicken Salad-Cheese-Egg Salad-Fruit).

17	8	19	20	21
Entrée Nachos-Tacos--Rice-Pinto Beans-Side Salad or Baked Chicken with Toss Salad or Assorted Sandwiches- -Salad Bar	Entrée Baked Spaghetti-Vegetables-Side Salad Bread Or Grilled Fish with Pasta and Vegetable Medley Or Assorted Sandwiches-Hot Dogs- Soup-Salad Bar	Entrée Seasoned Chicken and Rice – Pinto Beans Or Meatballs with Gravy-Mashed Potatoes-Glazed Carrots or Assorted Sandwiches-Chicken Tender Wraps-Soup-Salad Bar	Entrée Cheese or Pepperoni Pizza-Corn Dog-Ham and Cheese Panini-Grilled Potatoes-Mixed Vegetables Salad Bar	NO SCHOOL Conference Day
24	25	26	27	28
Entrée Bacon or Plain Cheese Burgers-Hot Dogs-Grilled Potatoes-Seasoned Rice-Vegetable Or Assorted Sandwiches-Soup-Salad bar	Entrée Nachos-Tacos with beef and Cheese- Red Beans with Rice—Vegetables Or Grilled Cheese Sandwiches Cold Cut Panini with Side Salad	Entrée BBQ Pork-BBQ Chicken-Seasoned Rice- Vegetables Or Chicken Tender Salad Or Soup and Sandwich-Salad Bar	Entrée Baked Ziti Parmesan-Chicken Alfredo-Vegetables-Bread Sandwich and Soup or Salad Bar	Entrée Cheese and Pepperoni Pizza-Seamed Rice-Vegetable Or Chili Cheese Fries with Vegetable Or Sandwich and Salad Bar

NOTE: We offer assorted yogurt, fresh whole fruit, fresh fruit cups for sale as alternative options to purchase daily. Fresh salad is available on the main serving line and a vegetable plate offering as alternative vegetable for students seeking a lighter option. Finally, we have just put in an ice cooler that will be filled with a variety of ice cream and non-dairy options.