



OCTOBER 8-12, 2018

FREDERICA ACADEMY MIDDLE SCHOOL + UPPER SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL COLUMBUS DAY	ENTRÉE GROUND BEEF + CHEESE NACHOS HAM + CHEESE QUESADILLA WITH SALSA SEASONED RICE BEANS + CORN FRUIT	ENTRÉE CHICKEN WINGS FRIES BASKET GREEN BEANS FRUIT CUP	ENTRÉE GRILLED CHEESE <u>OR</u> GRILLED HAM + CHEESE CHICKEN NOODLE SOUP GLAZED CARROTS	PIZZA DAY CHEESE PIZZA (2) OR PEPPERONI PIZZA (2) SIDE SALAD VEGGIES FRUIT
	SANDWICH COMBO SANDWICH OF THE DAY VEGGIE + FRUIT CUP	SANDWICH COMBO SANDWICH OF THE DAY VEGGIE + FRUIT CUP	SANDWICH COMBO SANDWICH OF THE DAY VEGGIE + FRUIT CUP	SANDWICH COMBO SANDWICH OF THE DAY VEGGIE + FRUIT CUP

- SOUP AND OTHER ITEMS MAY BE ON THE FOOD LINE THAT ARE NOT DETAILED ON THE MENU.
- SANDWICH OF THE DAY WILL ALWAYS INCLUDE A PEANUT BUTTER + JELLY (PB+J) AND TURKEY OR HAM WITH CHEESE ON WHOLE WHEAT BREAD. THERE WILL ALSO BE WRAPS, MINI-SUBS AND PITA SANDWICHES OFFERED OCCASIONALLY THAT ARE NOT LISTED ON THE MENU.
- SALADS AND PROTEIN SNACK COMBOS WITH A VARIETY OF CHEESE, FRUIT, HUMMUS, PEANUT BUTTER, CRACKERS AND VEGGIES WILL ALSO BE ON THE SALAD BAR DAILY ALONG WITH FRESH FRUIT.
- YOGURT CUPS, STRING CHEESE, GO-GURT STICKS, GRANOLA BARS, NUTRIA-GRAIN BARS AND PEANUT PACKS ARE IN THE COOLER OR COUNTER.
- FACULTY + STAFF ARE WELCOME TO JOIN CHEF AUSTIN DURING MS AND US BREAK FOR BREAKFAST.