



Pre-K + K
MENU

January 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday	
15	16	17	18	19	
Holiday – No School	Spaghetti with Meatballs Side Salad Fruit Bread	Nachos with Ground Beef and Cheese Vegetable Fruit	Chicken Tenders Mashed Potatoes Peas and Carrots	Cheese Pizza Vegetable Salad	
22	23	24	25	26	
Chicken Tenders Mashed Potatoes Vegetables	Hamburger Sliders French Fries Salad	Grilled Cheese Sandwich Vegetable sticks with Fruit Yogurt Salad	Turkey and Cheese Pinwheels Side Salad Fruit	Cheese Pizza Salad Fruit	
29	30	31	February 1	2	
Hamburger Sliders Mashed Potatoes Salad	Baked Fish Fillet Mashed Potatoes Fruit	Chicken Tenders Salad Fruit	TBD	Cheese Pizza Vegetable Salad	