



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