





## Pre-K + K MENU

# February 2018

## FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
January 29	30	31	February 1	2
Hamburger Sliders Mashed Potatoes Salad	Baked Fish Fillet Vegetables Yogurt	Chicken Tenders Side Salad Fruit	Spaghetti with Meatballs Vegetable Fruit	Cheese Pizza Vegetable Salad 
5	6	7	8	9
Turkey and Cheese Pinwheels Side Salad Fruit	Nachos with Cheese and Beef Plain Rice Fruit	Grilled Cheese Sandwich Vegetable Soup Salad	Baked Fish Fillets Mashed Potatoes Fruit	Cheese Pizza Salad Fruit
12	13	14	15	16
Baked Chicken Peas and Carrots Yogurt	Beef Macaroni and Cheese Side Salad Fruit	Nachos with Cheese and Beef Salad Fruit 	Chicken Tenders Mashed Potatoes Salad	Cheese Pizza Vegetable Salad