



September 2017

FREDERICA ACADEMY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | 18 | 19 | 20 | 21 |
| No School | Teriyaki Chicken Fried Rice Steamed Broccoli Chef Salad with Ham Assorted Sandwiches | BBQ Pulled Pork Mashed Potatoes Vegetables Soup and Salad Or Soup and Sandwich Combo Chef Salad with Sliced Turkey Assorted Sandwiches | Corn Dogs Macaroni and Cheese Steamed Carrots Side Salad Soup and Sandwich Combo Chef Salad with Baked Crunchy Chicken Assorted Sandwiches | Cheese or Pepperoni Pizza Vegetables Fruit Chef Salad with Ham and Turkey Assorted Sandwiches Ice Cream: vanilla, chocolate, popsicles |
| | 25 | 26 | 27 | 28 |
| Beef and Cheese Nachos Seasoned Red Rice Pinto Beans Chef Salad with Chicken Salad Assorted Sandwiches | Spaghetti and Meatballs Side Salad Fruit Chef Salad with Sliced Turkey Assorted Sandwiches | Sweet and Sour Pork Fried Rice Cabbage Spring Roll Chef Salad with Sliced Beef Ham & Cheese Wraps and Assorted Sandwiches | Baked Chicken Seasoned Rice Vegetables Chef Salad with Ham Chicken Wraps and Salad Combo Assorted Sandwiches | Cheese or Pepperoni Pizza Side Salad Fruit Chef Salad with Turkey Assorted Sandwiches Ice Cream: vanilla, chocolate, popsicles |
| | | | | 22 |
| | | | | 29 |

- 1) Soup may also be on the food line on days that are not on the menu.
- 2) Additional items are available during MS and HS lunch periods.
- 3) We encourage teachers and staff to inquire about additional items that may be offered daily.
- 4) All staff are welcome to join Chef Austin during MS and US break for breakfast.