



September 2017

FREDERICA ACADEMY

Monday

Tuesday

Wednesday

Thursday

Friday

18

No School

Teriyaki Chicken
Fried Rice
Steamed Broccoli

19

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

20

Corn Dogs
Macaroni and Cheese
Steamed Carrots
Side Salad

Soup and Sandwich Combo

Chef Salad with Baked Crunchy
Chicken
Assorted Sandwiches

21

Cheese or Pepperoni Pizza
Vegetables
Fruit

Chef Salad with Ham and Turkey

Assorted Sandwiches
Ice Cream: vanilla, chocolate,
popsicles

25

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

27

Baked Chicken
Seasoned Rice
Vegetables
Chef Salad with Ham
Chicken Wraps and Salad
Combo
Assorted Sandwiches

28

Cheese or Pepperoni Pizza
Side Salad
Fruit
Chef Salad with Turkey
Assorted Sandwiches
Ice Cream: vanilla, chocolate,
popsicles

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.