



Pre-K + K
MENU

January 2018

FREDERICA ACADEMY

Monday

Tuesday

Wednesday

Thursday

Friday

January 5

Cheese Pizza
Vegetable
Fruit

8

Baked Spaghetti
Side Salad
Fruit
Bread

9

Nachos with Cheese and
Ground Beef
Steamed Rice
Fruit

10

Grilled Cheese Sandwich
Vegetable sticks with Fruit
Yogurt
Salad

11

Baked Fish Fillet
Mashed Potatoes
Fruit

12

Cheese Pizza
Salad
Fruit

15

Holiday
No School

Hamburger Sliders
French Fries
Salad
Fruit

16

Beef Macaroni and Cheese
Salad
Fruit

17

Chicken Tenders
Mashed Potatoes
Peas and Carrots

18

Cheese Pizza
Vegetable
Salad

19