



Grades 1-12

November 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
October 30	October 31	1	2	3
<p>Chopped Steak Seasoned Rice Green Beans</p> <p>Chef salad with Ham Assorted Sandwiches</p>	<p>Chicken Tender Sliders Baked Beans Fruit</p>	<p>Sweet and Sour Chicken Fried Rice Vegetable</p> <p>Chef Salad with Ham Assorted Sandwiches</p>	<p>Meatball Sandwich Side Salad Fruit</p> <p>Chef Salad with Chicken Assorted Sandwiches</p>	<p>Pizza Day Cheese or Pepperoni Pizza Corn Fruit Chef Salad with Turkey Assorted Sandwiches Ice Cream Day</p>
6	7	8	9	10
<p>Baked Spaghetti Side Salad Fruit</p> <p>Chef Salad with Chicken Assorted sandwiches</p>	<p>Nachos with Ground Beef and Cheese-Black Beans and Rice Fruit</p> <p>Soup and Salad Combo Soup and Sandwich Combo Assorted Sandwiches</p>	<p>Grilled Cheese or Grilled Ham and Cheese Green Beans Side Salad</p> <p>Chef Salad with Turkey Assorted Sandwiches</p>	<p>BBQ Slider Side Salad Fruit</p> <p>Chef Salad with Sliced Crunchy Chicken Assorted Sandwiches</p>	<p>Pizza Day Cheese or Pepperoni Pizza Side Salad Fruit Chef Salad with Sliced Ham Assorted Sandwiches Ice Cream Day</p>
13	14	15	16	17
<p>Chicken Tenders Mashed Potatoes Glazed Carrots</p> <p>Chef Salad with Crunchy Chicken Assorted Sandwiches</p>	<p>Chicken and Cheese Nachos or Soft Shell Tacos Black Beans Rice Side Salad</p> <p>Soup and Salad Combo Assorted Sandwiched Soup</p>	<p>Hamburger Sliders Macaroni and Cheese Vegetables</p> <p>Chef Salad with Sliced Turkey Assorted Sandwiches</p>	<p>Baked Chicken Mashed Potatoes Vegetable</p> <p>Chef Salad with Crunchy Chicken Assorted sandwiches</p>	<p>Pizza Day Cheese or Pepperoni Pizza Side Salad Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream Day</p>

NOTE: We will provide assorted hot and cold sandwiches and wraps daily. MS and US students will have other options not posted on the menu during their lunch period.