



August 2017

FREDERICA ACADEMY

Monday

Tuesday

Wednesday

Thursday

Friday

16

17

18

Chicken Tenders
Green Beans + Side Salad
Spring Mix Salad with Baked Crunchy Chicken

Assorted sandwiches:
Ham-Turkey-Cheese-PB and J

Grilled Ham and Cheese Sandwiches
Potatoes + Steamed Broccoli
Fruit
Spring Mixed Salad with Turkey

Assorted Sandwiches:
Turkey-Ham-PB and J

Pepperoni or Cheese Pizza
Side Salad
Fruit

Assorted Sandwiches:
Ham-Turkey-PB and J

Ice Cream: vanilla, chocolate,
popsicles

21



Plain or Cheese Burger Sliders
Vegetable Medley + Seasoned Yellow Rice
Fruit
Pasta Salad with Vegetables and Turkey

Assorted Sandwiches:
Ham-Turkey-Cheese-PB and J

22

Pulled Pork Sliders
Mashed Potatoes + Broccoli and cheese
Fruit
Pasta and Chef Salad Combo with Ham

Assorted Sandwiches:
Turkey Wraps-Ham-Turkey-Cheese-PB and J

23

Nachos with Ground Beef and Cheese
Red Beans and Rice
Side Salad
Chef Salad with side Tuna Salad

Assorted Sandwiches:
Tuna-Ham-Cheese-Turkey-PB and J

24

Pepperoni or Cheese Pizza
Side Salad
Fruit

Assorted Sandwiches:
Turkey and Cheese-PB and PB
and J

25

Ice Cream: vanilla, chocolate,
popsicles

28

Chicken or Cheese Quesadillas
Corn + Black Beans
Spring Mix Salad with Turkey

Assorted Sandwiches:
Tuna Salad Wraps-Ham and Cheese
Wraps-PB and J

29

Baked Chicken
Macaroni and Cheese + Snap Peas
Crunchy Baked Chicken Tender Salad

Assorted Sandwiches:
PB and J-Ham-Cheese-Turkey

Hamburger on roll
Baked Beans + Baby carrots
Chef Salad + Side Tuna Salad
Watermelon slice

Assorted Sandwiches:
Turkey Wraps-Ham-Turkey-Cheese-PB
and J

30

Sweet and Sour Chicken
Stir Fry Vegetables + Egg Roll
Pasta
Chef Salad Combo with Ham
Fresh fruit

Assorted Sandwiches:
Ham-Turkey-Cheese-PB and J

31

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