



August 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
			16	17
		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	22	23	24	25
Baked Spaghetti with Meat or Pasta with Tomato Sauce Seasoned Green Beans + Side Salad Fruit Grilled Chicken Salad Assorted Sandwiches: Ham-Turkey-Cheese-PB and J	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	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	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	Pepperoni or Cheese Pizza Side Salad Fruit Assorted Sandwiches: Turkey and Cheese-PB and PB and J Ice Cream: vanilla, chocolate, popsicles
28	29	30	31	
Chicken or Cheese Quesadillas Corn + Black Beans Spring Mix Salad with Turkey Assorted Sandwiches: Tuna Salad Wraps-Ham and Cheese Wraps-PB and J	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	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	

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.