



# OCTOBER 22-26, 2018



## FREDERICA ACADEMY LOWER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée</b> BBQ Sliders Mashed Potatoes Herbed Lima Beans Fruit	<b>Entrée</b> Homemade Chicken + Dumplings Fruit Glazed Carrots	<b>Entrée</b> Baked Spaghetti Green Beans Fruit	<b>Entrée</b> Grilled Cheese Sandwich or Ham + Cheese Sandwich Vegetable Soup Fruit	<b>Pizza Day</b> Cheese Pizza (2 slices) or Pepperoni Pizza (2 slices) Veggies + Fruit Cup
<b>Sandwich Combo</b> Sandwich of the Day Veggie + Fruit Cup	<b>Sandwich Combo</b> Sandwich of the Day Veggie + Fruit Cup	<b>Sandwich Combo</b> Sandwich of the Day Veggie + Fruit Cup	<b>Sandwich Combo</b> Sandwich of the Day Veggie + Fruit Cup	<b>Sandwich Combo</b> Sandwich of the Day Veggie + Fruit Cup
<b>Fresh Fruit of the Day</b>	<b>Fresh Fruit of the Day</b>	<b>Fresh Fruit of the Day</b>	<b>Fresh Fruit of the Day</b>	<b>Fresh Fruit of the Day</b>

### ICE CREAM DAY!!

- Sandwich of the Day will always include a Peanut Butter & Jelly (PB&J) and Turkey or Ham with cheese on whole wheat bread. There will also be wraps, mini-sub and pita sandwiches offered occasionally that are not listed on the menu.
- Soup may also be on the food line that is not listed on the menu.
- Protein Snack Combos with a variety of cheese, fruit, hummus, peanut butter, crackers and veggies will be on the salad bar daily along with Fresh fruit.
- Yogurt Cups, string cheese, Go-GURT sticks, Granola bars, Nutria-Grain bars and peanut packs are in the cooler or counter.
- 2% milk, small bottled water and chocolate milk are available in the cooler.

