



Grades 1-12
MENU

September 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
		4	5	6
Meatball Subs Seasoned Rice Side Salad Salad of the day Assorted Sandwiches	Chicken Mein with Vegetable Bowl + Spring Roll Chicken Sandwich with Side Salad Salad of the day Assorted Sandwiches	Cheeseburger Corn Dogs Chicken Sliders French Fries Mashed Potatoes Salad Salad of the Day Assorted Sandwiches	Cheese or Pepperoni Pizza Side Salad Fruit Chef Salad with Sliced Ham Assorted Sandwiches	
10	11	12	13	14
Chicken Tenders Mashed Potatoes Glazed Carrots Chef Salad with Crunchy Chicken Assorted Sandwiches	Country Fried Beef Patties Mashed Potatoes Vegetables Side Salad Soup and Salad Combo Assorted Sandwiches + Soup	Corn Dogs Macaroni and Cheese Vegetables Chef Salad with Sliced Turkey Assorted Sandwiches	BBQ Sandwiches Baked Beans Fruit Salad of the day Assorted Sandwiches	Cheese and Pepperoni Pizza Side Salad Fruit Chef Salad with Ham Assorted Sandwiches
17	18	19	20	21
Teriyaki Chicken Fried Rice Spring Rolls Fruit Salad of the day Assorted Sandwiches	Beef Macaroni Steamed Broccoli Fruit Salad of the day Assorted Sandwiches	Baked Chicken Hash Brown Potatoes Vegetables Salad of the day Chef Salad with Ham Assorted Sandwiches	Meatball Sub Corn Dogs Mashed Potatoes Steamed Carrots Salad of the day Assorted Sandwiches	Cheese or Pepperoni Pizza Vegetables Fruit Chef Salad Assorted Sandwiches
				Ice Cream Day

- 1) Additional Items are available during MS and US lunch. Breakfast available during MS and US break period.
- 2) Soup may also be available on the food line on days that not on the menu.
- 3) Hot and Cold sandwiches and wraps daily. Prepared Salads available daily. Fruit, vegetable and cheese trays also served daily.