



Grades 1-12 MENU

March 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
BBQ Baked Chicken Macaroni and Cheese Peas and Carrots	Chicken Alfredo with Pasta and Broccoli Side Salad	Grilled Cheese or Grilled Ham and Cheese Sandwiches Soup Fruit	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad + Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream Day	Parent Conferences – No School
Chef Salad with Sliced Chicken Assorted Sandwiches	Soup and Salad Combo Assorted Sandwiches	Chef Salad with Sliced Turkey Assorted Sandwiches		
19	20	21	22	23
Pasta Meat Sauce or Alfredo Sauce Vegetables	Hamburger Sliders Steamed Broccoli Mashed Potatoes Fruit	Ground Beef and Cheese Quesadillas / Cheese Quesadillas Seasoned Rice Side Salad	Baked Chicken Seasoned Rice Vegetables Chef Salad with Chicken Tenders Assorted Sandwiches	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream Day
Chef Salad with Chicken Assorted Sandwiches	Chef Salad with Ham Assorted Sandwiches	Chef Salad with Turkey Assorted Sandwiches		
26	27	28	29	30
Beef and Cheese Nachos Or Tacos Pinto Beans Rice	BBQ Ribs Macaroni and Cheese Side Salad Fruit	Sweet and Sour Chicken Spring Rolls Fried Rice Vegetables	Field Day: Complimentary Pizza Lunch (K-5) Early Dismissal (6-12)	Good Friday No School
Chef Salad with Ham Assorted Sandwiches	Chef Salad with Turkey Assorted Sandwiches	Chef Salad with Chicken Tenders Assorted Sandwiches		

- 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.