



Grades 1-12
MENU

March 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
12		13	14	15
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	Parent Conferences – No School
Chef Salad with Sliced Chicken	Soup and Salad Combo	Chef Salad with Sliced Turkey		
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Ice Cream Day	
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	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit
Chef Salad with Chicken	Chef Salad with Ham	Chef Salad with Turkey	Assorted Sandwiches	Chef Salad with Ham Assorted Sandwiches
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches		Ice Cream Day
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)	Good Friday No School
Chef Salad with Ham	Chef Salad with Turkey	Chef Salad with Chicken Tenders	Early Dismissal (6-12)	
Assorted Sandwiches	Assorted Sandwiches	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.