



October 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Homemade Meatloaf Mashed Potatoes Green Beans Chef Salad with Turkey Soup and Sandwich Assorted Sandwiches: Ham-Turkey-Cheese-PB and J	Chicken Tenders Macaroni and Cheese Peas and Carrots Chef Salad and Pasta Salad Combo Assorted sandwiches: Ham-Turkey-Cheese-PB and J	Cheeseburger Seasoned Rice Steamed Broccoli Pasta Salad with Vegetables Assorted sandwiches: Ham-Turkey-Cheese-PB and J	Sliced Pork Roast Sandwich Side Salad Fruit Chicken Tender Salad Assorted Sandwiches: Ham-Turkey-Cheese-PB and J	Pepperoni or Cheese Pizza Corn Fruit Assorted Sandwiches: Ham-Turkey-PB and J Ice Cream: vanilla, chocolate, popsicles
9	10	11	12	13
Baked Spaghetti Side Salad Fruit Chef Salad with Chicken Assorted Sandwiches: Ham-Turkey-Cheese-PB and J	Nachos with Ground Beef and Cheese Black Beans and Rice Fruit Soup and Salad Combo Soup and Sandwich Combo Assorted Sandwiches: Ham-Turkey-Cheese-PB and J	Grilled Cheese or Grilled Ham and Cheese Green Beans Side Salad Chef Salad with Turkey Assorted Sandwiches: Turkey Wraps-Ham-Turkey-Cheese-PB and J	Grilled Pork Chop Sandwich Side Salad Fruit Chef Salad with Sliced Turkey 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
16	17	18	19	20
Chicken Tenders Mashed Potatoes Glazed Carrots Chef Salad with Crunch Chicken Assorted sandwiches: Ham-Turkey-Cheese-PB and J	Beef or Chicken Tacos Black Beans and Rice Side Salad Soup and Salad Combo Assorted Sandwiches: Ham-Turkey-Cheese-PB and J	Hamburger Sliders Macaroni and Cheese Vegetables Chef Salad with Sliced Turkey Assorted sandwiches: Ham-Turkey-Cheese-PB and J	Pepperoni or Cheese Pizza Vegetables Side Salad Chef Salad with Ham Assorted Sandwiches: Ham-Turkey-PB and J Ice Cream: vanilla, chocolate, popsicles	No lunch PARENT-TEACHER CONFERENCE DAY!

NOTE: We will provide assorted hot and cold sandwiches and wraps daily. MS and US students will have other options not posted on the menu during their lunch period.