



October 2017

FREDERICA ACADEMY

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