



**Grades 1-12  
MENU**

*March 2018*

**FREDERICA ACADEMY**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 26</b>	<b>February 27</b>	<b>February 28</b>	<b>March 1</b>	<b>2</b>
Beef and Cheese Nachos or Tacos Red Rice Pinto Beans  Chef Salad with Ham  Assorted Sandwiches	BBQ Ribs Macaroni and Cheese Side Salad Fruit  Chef Salad with Sliced Turkey  Assorted Sandwiches	Sweet and Sour Chicken Fried Rice Spring Rolls Vegetables  Chef Salad with Chicken  Assorted Sandwiches	Spaghetti with Meatballs Side Salad Fruit  Chef Salad  Assorted Sandwiches	<b>Pizza Day</b> Cheese or Pepperoni Pizza Corn Fruit  Chef Salad with Turkey Assorted Sandwiches <b>Ice Cream Day</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Grilled Chicken Broccoli Noodles Fruit  Chef Salad with Chicken  Assorted Sandwiches	Nachos with Ground Beef and Cheese OR Quesadillas Seasoned Rice Fruit  Chef Salad with Ham  Assorted Sandwiches	Chicken Sandwich French Fries Green Beans  Chef Salad with Turkey  Assorted Sandwiches	Cheeseburger or Hamburger Sliders Mashed Potatoes Mixed Green Salad  Chef Salad with Chicken Tenders  Assorted Sandwiches	<b>Pizza Day</b> Cheese or Pepperoni Pizza Vegetables Side Salad Fruit  Chef Salad with Ham Assorted Sandwiches <b>Ice Cream Day</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
BBQ Baked Chicken Macaroni and Cheese Peas and Carrots  Chef Salad with Sliced Chicken  Assorted Sandwiches	Chicken Alfredo with Pasta and Broccoli Side Salad  Soup and Salad Combo  Assorted Sandwiches	Grilled Cheese or Grilled Ham and Cheese Sandwiches Soup Fruit  Chef Salad with Sliced Turkey  Assorted Sandwiches	<b>Pizza Day</b> Cheese or Pepperoni Pizza Vegetables Side Salad Fruit  Chef Salad with Ham Assorted Sandwiches <b>Ice Cream Day</b>	<b>Parent Conferences</b>  <b>No School</b>