



Grades 1-12

November 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
Chicken Tenders Mashed Potatoes Glazed Carrots Chef Salad with Crunchy Chicken Assorted Sandwiches	Hamburger Sliders Beef and Cheese Nachos and Tacos Black Beans Rice Soup and Salad Combo Assorted Sandwiched Soup	Baked Spaghetti Vegetables Fruit Chef Salad with Turkey Assorted Sandwiches	Thanksgiving Meal Sliced Turkey with Cornbread Dressing Pineapple Glazed Ham Mashed Potatoes Seasoned Rice Honey Glazed Carrots Seasoned Green Beans Gravy Garden Salad	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream Day
20	21	22	23	24
Baked Chicken Seasoned Rice Vegetable Chef Salad with Grilled Chicken Assorted sandwiches	Hamburger Sliders Mashed Potatoes Steamed Broccoli Fruit Chef Salad with Ham Assorted Sandwiches	Thanksgiving Break - No School	Thanksgiving Break - No School	Thanksgiving Break - No School
27	28	29	30	December 1
Beef and Cheese Nachos and Tacos Seasoned 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	Baked Chicken Mac and Cheese Vegetable Chef Salad with Chicken Assorted Sandwiches	Grilled Cheese or Ham and Cheese Seasoned Rice Vegetable Soup Soup and Salad Combo Assorted sandwiches	Pizza Day Cheese or Pepperoni Pizza Side Salad Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream 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.