



September 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
4 Labor Day – No School	5 Nachos with Ground Beef and Cheese Red Rice Side Salad Salad with Grilled Chicken Chicken Noodle Soup and Sandwich Assorted Sandwiches: Ham-Turkey-Cheese-PB and J	 Grilled Cheese or Grilled Ham and Cheese Vegetable Soup Fruit Soup and Salad Or Soup and Sandwich Combo Assorted Sandwiches: Tuna-Ham-Cheese-Turkey-PB and J	 Pasta with Tomato Sauce And Meatballs Seasoned Green Beans Side Salad Chef Salad with Sliced Turkey Assorted Sandwiches: Tuna-Ham-Cheese-Turkey-PB and J	 Cheese or Pepperoni Pizza Side Salad Fruit Chef Salad with Ham Assorted Sandwiches: Turkey and Cheese-PB and PB and J Ice Cream: vanilla, chocolate, popsicles
11 Chicken Tenders Mashed Potatoes Glazed Carrots Chef Salad with Baked Crunchy Chicken Assorted Sandwiches: Turkey and Cheese-PB and PB and J	12 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 Vegetable Medley Chef Salad with Sliced Turkey Assorted Sandwiches: Tuna-Ham-Cheese-Turkey-PB and J	 BBQ Ribs Steamed Rice Baked Beans Side Salad Soup and Salad Or Soup and Sandwich Combo Assorted Sandwiches: Tuna-Ham-Cheese-Turkey-PB and J	 Cheese or Pepperoni Pizza Side Salad Fruit Chef Salad with Ham Assorted Sandwiches: Turkey and Cheese-PB and PB and J Ice Cream: vanilla, chocolate, popsicles
13	14	15		

- 1) Soup may also be on the food line on days that are not on the menu.
- 2) Additional items are available during MS and HS lunch periods.
- 3) We encourage teachers and staff to inquire about additional items that may be offered daily.
- 4) All staff are welcome to join Chef Austin during MS and US break for breakfast.