



# September 2017

## FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7
Labor Day – No School	<p>Nachos with Ground Beef and Cheese Red Rice Side Salad</p> <p>Salad with Grilled Chicken</p> <p>Chicken Noddle Soup and Sandwich</p> <p><b>Assorted Sandwiches:</b> Ham-Turkey-Cheese-PB and J</p>	<p>Grilled Cheese or Grilled Ham and Cheese Vegetable Soup Fruit</p> <p>Soup and Salad Or Soup and Sandwich Combo</p> <p><b>Assorted Sandwiches:</b> Tuna-Ham-Cheese-Turkey-PB and J</p>	<p>Pasta with Tomato Sauce And Meatballs Seasoned Green Beans Side Salad</p> <p>Chef Salad with Sliced Turkey</p> <p><b>Assorted Sandwiches:</b> Tuna-Ham-Cheese-Turkey-PB and J</p>	<p>Cheese or Pepperoni Pizza Side Salad Fruit</p> <p>Chef Salad with Ham</p> <p><b>Assorted Sandwiches:</b> Turkey and Cheese-PB and PB and J</p> <p>Ice Cream: vanilla, chocolate, popsicles</p>
	11	12	13	14
<p>Chicken Tenders Mashed Potatoes Glazed Carrots</p> <p>Chef Salad with Baked Crunchy Chicken</p> <p><b>Assorted Sandwiches:</b> Turkey and Cheese-PB and PB and J</p>	<p>Beef or Chicken Tacos Black Beans and Rice Side Salad</p> <p>Soup and Salad Combo</p> <p><b>Assorted Sandwiches:</b> Ham-Turkey-Cheese-PB and J</p>	<p>Hamburger Sliders Macaroni and Cheese Vegetable Medley</p> <p>Chef Salad with Sliced Turkey</p> <p><b>Assorted Sandwiches:</b> Tuna-Ham-Cheese-Turkey-PB and J</p>	<p>BBQ Ribs Steamed Rice Baked Beans Side Salad</p> <p>Soup and Salad Or Soup and Sandwich Combo</p> <p><b>Assorted Sandwiches:</b> Tuna-Ham-Cheese-Turkey-PB and J</p>	<p>Cheese or Pepperoni Pizza Side Salad Fruit</p> <p>Chef Salad with Ham</p> <p><b>Assorted Sandwiches:</b> Turkey and Cheese-PB and PB and J</p> <p>Ice Cream: vanilla, chocolate, popsicles</p>
				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.