



# FEBRUARY 19-22, 2019



## FREDERICA ACADEMY LOWER SCHOOL LUNCH MENU

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### Entrée

Beef Tacos  
Cheese Quesadillas  
Mexican Rice  
with Black Beans  
Corn + Peas + Carrots

#### ICE CREAM DAY!

Turkey, Ham + Cheese,  
and PB and J  
Sandwiches

**Fresh Fruit of the Day**

#### Entrée

Meat Sauce  
Alfredo Sauce  
Lasagna  
Pasta  
Spring Salad  
Fruit

Turkey, Ham + Cheese,  
and PB and J  
Sandwiches

**Fresh Fruit of the Day**

#### Entrée

Waffle with Fruit  
+ Whipped Cream  
Scrambled Eggs  
Sausage  
Ham + Pineapples

Turkey, Ham + Cheese,  
and PB and J Sandwiches

**Fresh Fruit of the Day**

#### PIZZA DAY

(2 Slices)

Pepperoni or Cheese  
Fruit  
Fruit Vegetables

Turkey, Ham + Cheese,  
and PB and J Sandwiches

**Fresh Fruit of the Day**



- Sandwich of the Day will always include a Peanut Butter & Jelly (PB&J) and Turkey or Ham with cheese on whole wheat bread. There will also be wraps, mini-sub and pita sandwiches offered occasionally that are not listed on the menu.
- Soup and other items not detailed on the menu may also be offered.
- Protein Snack Combos with a variety of cheese, fruit, hummus, peanut butter, crackers and veggies will be on the salad bar daily along with Fresh fruit.
- Yogurt Cups, string cheese, Go-GURT sticks, Granola bars, Nutria-Grain bars and peanut packs are in the cooler or counter.
- 2% milk, small bottled water and chocolate milk are available in the cooler.

