



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	Entrée Meat Sauce Alfredo Sauce Lasagna Pasta Spring Salad Fruit	Entrée Waffle with Fruit + Whipped Cream Scrambled Eggs Sausage Ham + Pineapples	PIZZA DAY (2 Slices) Pepperoni or Cheese Fruit Fruit Vegetables
				Turkey, Ham + Cheese, and PB and J Sandwiches
	Fresh Fruit of the Day	Fresh Fruit of the Day	Fresh Fruit of the Day	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-subs 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.

