



Grades 1-12 MENU

September 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
Chicken Biscuits Beef + Cheese Nachos Seasoned Rice Pinto Beans Salad of the Day . Assorted Sandwiches	Spaghetti + Meatballs Side Salad Fruit Salad of the Day Assorted Sandwiches	Hamburger Sliders French Fries Side Salad Salad of the Day Assorted Sandwiches Ham + Cheese Wraps	BBQ or Baked Chicken Seasoned Rice Vegetables Salad of the day Chicken Wraps + Salad Combo Assorted Sandwiches	Cheese Pizza Pepperoni Pizza Side Salad Fruit Chef Salad with Turkey Assorted Sandwiches Ice Cream Day

Additional Items are available during MS and US lunch.

Breakfast available during MS and US break period.

Soup may also be available on the food line on days that not on the menu.

Hot and Cold sandwiches and wraps daily. Prepared Salads available daily. Fruit, vegetable and cheese trays also served daily.