



Grades 1-12
MENU

January 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
Holiday – No School	Spaghetti with Meatballs Side Salad Fruit	Nachos with Ground Beef and Cheese-Vegetables Fruit	Chicken Tenders Mashed Potatoes Vegetables	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit
	Soup and Salad Combo	Chef Salad with Sliced Turkey	Chef Salad with Ham	
	Assorted sandwiches	Assorted Sandwiches	Assorted Sandwiches	Chef Salad with Ham Assorted Sandwiches Ice Cream Day
22	23	24	25	26
Baked Chicken Seasoned Rice Vegetable	Hamburger Sliders Steamed Broccoli Mashed Potatoes Fruit	Cheese Quesadillas / Beef and Cheese Nachos Seasoned Rice Side Salad	Oven Fried Chicken Vegetables Rice	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit
Chef Salad with Grilled Chicken	Chef Salad with Ham	Chef Salad with Turkey	Chef Salad with Sliced Crunchy Chicken	
Assorted sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Chef Salad with Ham Assorted Sandwiches Ice Cream Day
29	30	31	February 1	2
Beef and Cheese Nachos or Tacos Pinto Beans Seasoned Red Rice Fruit	BBQ Ribs Macaroni and Cheese Side Salad Fruit	Baked Chicken Potatoes Vegetables	TBD	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit
Chef Salad with Ham	Chef Salad with Sliced Turkey	Chef Salad with Chicken Tenders		
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Chef Salad with Ham Assorted Sandwiches Ice Cream Day	

