



## Grades 1-12 MENU

# January 2018

## FREDERICA ACADEMY

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

