



Grades 1-12  
MENU

September 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
10		11	12	13
Chicken Tenders Mashed Potatoes Glazed Carrots  Chef Salad with Crunchy Chicken Assorted Sandwiches	Country Fried Beef Patties Mashed Potatoes Vegetables Side Salad  Soup and Salad Combo	Corn Dogs Macaroni and Cheese Vegetables  Chef Salad with Sliced Turkey Assorted Sandwiches  Assorted Sandwiches + Soup	BBQ Sandwiches Baked Beans Fruit Salad of the day  Assorted Sandwiches	Cheese and Pepperoni Pizza Side Salad Fruit  Chef Salad with Ham Assorted Sandwiches  <b>Ice Cream Day</b>
17	18	19	20	21
Teriyaki Chicken Fried Rice Spring Rolls Fruit Salad of the day  Assorted Sandwiches	Beef Macaroni Steamed Broccoli Fruit Salad of the day  Assorted Sandwiches	Baked Chicken Hash Brown Potatoes Vegetables Salad of the day  Chef Salad with Ham Assorted Sandwiches	Meatball Sub Corn Dogs Mashed Potatoes Steamed Carrots Salad of the day  Assorted Sandwiches	Cheese or Pepperoni Pizza Vegetables Fruit  Chef Salad Assorted Sandwiches  <b>Ice Cream Day</b>
24	25	26	27	28
Chicken Biscuits Beef and Cheese Nachos Seasoned Rice Pinto Beans  Salad of the day  Assorted Sandwiches	Spaghetti and Meatballs Side Salad Fruit  Salad of the day  Assorted Sandwiches	Hamburger Sliders French Fries Side Salad  Salad of the day Assorted Sandwiches Ham and Cheese Wraps	BBQ or Baked Chicken Seasoned Rice Vegetables  Salad of the day  Chicken Wraps and Salad Combo Assorted Sandwiches	Cheese or Pepperoni Pizza Side Salad Fruit  Chef Salad with Turkey Assorted Sandwiches  <b>Ice Cream Day</b>

- 1) Additional Items are available during MS and US lunch. Breakfast available during MS and US break period.
- 2) Soup may also be available on the food line on days that not on the menu.
- 3) Hot and Cold sandwiches and wraps daily. Prepared Salads available daily. Fruit, vegetable and cheese trays also served daily.