



Grades 1-12 MENU

December 2017

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
November 27	November 28	November 29	November 30	1
Beef and Cheese Nachos Red Beans and Rice Fruit Chef Salad with Ham Assorted Sandwiches	BBQ Ribs Mashed Potatoes Vegetables Chef Salad with Turkey Assorted sandwiches	Baked Chicken Macaroni and Cheese Vegetable Chef Salad with Chicken Tenders Assorted Sandwiches	Grilled Cheese or Ham and Cheese Sandwiches Vegetable Soup Salad Soup and Salad Combo Assorted Sandwiches	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit Chef Salad with Turkey Assorted Sandwiches Ice Cream Day
4	5	6	7	8
Sweet and Sour Pork Fried rice Vegetables Chef Salad with Chicken Assorted sandwiches	Nachos with Ground Beef and Cheese- Black Beans and Rice Fruit Soup and Salad Combo Soup and Sandwich Combo Assorted Sandwiches	Grilled Cheese or Grilled Ham and Cheese Green Beans Side Salad Chef Salad with Turkey Assorted Sandwiches	BBQ Slider Side Salad Fruit Chef Salad with Sliced Crunchy Chicken Assorted Sandwiches	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream Day
11	12	13	14	15
Chicken Tenders Mashed Potatoes Glazed Carrots Chef Salad with Crunchy Chicken Assorted Sandwiches	Hamburger Sliders French Fries Side Salad Soup and Salad Combo Assorted Sandwiched Soup	Baked Spaghetti Vegetables Fruit Chef Salad with Sliced Turkey Assorted Sandwiches	Chicken Pot Pie Steamed Rice Fruit Chef Salad with Ham Assorted Sandwiches	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit Chef Salad with Chicken Assorted Sandwiches Ice Cream Day
18	19	20	21	22
TBD	TBD	Noon Dismissal – No Lunch	Holiday Break – No School	Holiday Break – No School