



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	BBQ Ribs Mashed Potatoes Vegetables	Baked Chicken Macaroni and Cheese Vegetable	Grilled Cheese or Ham and Cheese Sandwiches Vegetable Soup Salad	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit
Chef Salad with Ham	Chef Salad with Turkey	Chef Salad with Chicken Tenders	Soup and Salad Combo	Chef Salad with Turkey
Assorted Sandwiches	Assorted sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches Ice Cream Day
4	5	6	7	8
Sweet and Sour Pork Fried rice Vegetables	Nachos with Ground Beef and Cheese- Black Beans and Rice Fruit	Grilled Cheese or Grilled Ham and Cheese Green Beans Side Salad	BBQ Slider Side Salad Fruit	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit
Chef Salad with Chicken	Soup and Salad Combo Soup and Sandwich Combo	Chef Salad with Turkey	Chef Salad with Sliced Crunchy Chicken	Chef Salad with Ham
Assorted sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches Ice Cream Day
11	12	13	14	15
Chicken Tenders Mashed Potatoes Glazed Carrots	Hamburger Sliders French Fries Side Salad	Baked Spaghetti Vegetables Fruit	Chicken Pot Pie Steamed Rice Fruit	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit
Chef Salad with Crunchy Chicken	Soup and Salad Combo	Chef Salad with Sliced Turkey Assorted Sandwiches	Chef Salad with Ham Assorted Sandwiches	Chef Salad with Chicken
Assorted Sandwiches	Assorted Sandwiched Soup			Assorted Sandwiches Ice Cream Day

	18	19	20	21	22
Lower School Only	Lower School Only	Noon Dismissal – No Lunch	Holiday Break – No School	Holiday Break – No School	
Chicken Tenders	Nachos with Ground Beef and Cheese-				
Mashed Potatoes	Tossed Salad				
Vegetables	Fruit				
Assorted Sandwiches	Assorted Sandwiches				