



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	<b>Pizza Day</b> Cheese or Pepperoni Pizza Vegetables Side Salad	
Chef Salad with Ham Assorted Sandwiches	Chef Salad with Turkey Assorted sandwiches	Chef Salad with Chicken Tenders Assorted Sandwiches	Soup and Salad Combo Assorted Sandwiches	Fruit Chef Salad with Turkey Assorted Sandwiches	
				<b>Ice Cream Day</b>	
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	<b>Pizza Day</b> Cheese or Pepperoni Pizza Vegetables Side Salad	
Chef Salad with Chicken Assorted sandwiches	Soup and Salad Combo Soup and Sandwich Combo Assorted Sandwiches	Chef Salad with Turkey Assorted Sandwiches	Chef Salad with Sliced Crunchy Chicken Assorted Sandwiches	Fruit Chef Salad with Ham Assorted Sandwiches	
				<b>Ice Cream Day</b>	
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	<b>Pizza Day</b> Cheese or Pepperoni Pizza Vegetables Side Salad	
Chef Salad with Crunchy Chicken Assorted Sandwiches	Soup and Salad Combo Assorted Sandwiched Soup	Chef Salad with Sliced Turkey Assorted Sandwiches	Chef Salad with Ham Assorted Sandwiches	Fruit Chef Salad with Chicken Assorted Sandwiches	
				<b>Ice Cream Day</b>	

**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