



NOVEMBER 12-16, 2018



FREDERICA ACADEMY LOWER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée Meatballs with Meat Sauce Pasta Green Beans	Entrée Baked Chicken Mashed Potatoes Steamed Broccoli with Cheese	Entrée Grilled Chicken Tacos Mexican Rice with Black Beans Corn + Peas + Carrots	Thanksgiving Feast! 	Pizza Day (2 Slices) Cheese or Pepperoni Pizza Raw Veggies Fruit
Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches
Fresh Fruit of the Day	Fresh Fruit of the Day	Fresh Fruit of the Day	Fresh Fruit of the Day	Fresh Fruit of the Day

ICE CREAM DAY!!

- Sandwich of the Day will always include a Peanut Butter & Jelly (PB&J) and Turkey or Ham with cheese on whole wheat bread. There will also be wraps, mini-subs and pita sandwiches offered occasionally that are not listed on the menu.
- Soup and other items not detailed on the menu may also be offered.
- Protein Snack Combos with a variety of cheese, fruit, hummus, peanut butter, crackers and veggies will be on the salad bar daily along with Fresh fruit.
- Yogurt Cups, string cheese, Go-GURT sticks, Granola bars, Nutria-Grain bars and peanut packs are in the cooler or counter.
- 2% milk, small bottled water and chocolate milk are available in the cooler.

